

EDMONTON

metro®

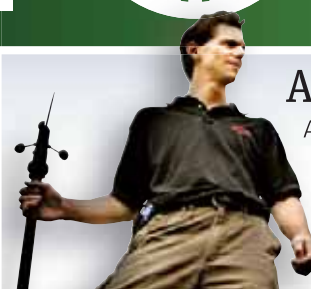
NEWS  
WORTH  
SHARING.



APARTMENTS STARTING IN THE 150'S  
1816 Rutherford Road SW  
www.qualicoliving.com  
780.237.7496  
MON TO THUR: 3-8, SAT, SUN & MON 12-5

## The Colonel has left the building

KFC's new upmarket location drops famed mascot **PAGE 16**



## ALL HAIL!

ANGRY PLANET HOST GEORGE KOUROUNIS TELLS METRO HOW TO BE A STORM CHASER IN FOUR NOT-SO-EASY STEPS **PAGE 14**

**Free Child's Admission to the Edmonton Valley Zoo**



**At Participating Boston Pizza's**



Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van in Mirabel, Que., in 2012. Edmontonian Mark Marek, owner and operator of the 'shocking' gore website bestgore.com, has been charged for allegedly posting a video sent to him by Magnotta, a Canadian porn actor accused of dismembering his Chinese lover and mailing the body parts to political parties and schools.

MONTREAL POLICE/THE ASSOCIATED PRESS FILE

# Man charged in connection with Magnotta video

**'Corrupting morals.'**  
Maximum penalty for rare charge is two years



ANNALISE KLINGBEIL  
annalise.klingbeil@metronews.ca

The Edmonton owner and operator of a "shocking" gore website has been charged for allegedly posting a video sent to him by Luka Magnotta that depicts the murder of university student Jun Lin.

Magnotta is scheduled to stand trial in September, 2014 for the murder and dismemberment of Lin, whose severed body parts were mailed across the country in the spring of 2012.

A video depicting the murder was allegedly sent by Magnotta to bestgore.com

and posted online by the website's owner and operator, Edmontonian Mark Marek. The video remained on the site for eight days.

After a lengthy police investigation that included months spent trying to track down Marek, who authorities believe has no fixed address and was living out of a vehicle, the 38-year-old has been charged with corrupting morals.

EPS Staff Sgt. Bill Clark said it may be the first time the charge of corrupting morals has ever been laid in Edmonton.

Clark said two Edmonton homicide detectives were assigned to the case in June of 2012 and worked to track down the site's owner and operator.

"This was a very long investigation. Basically our sus-

pect was very elusive," Clark said.

While cops eventually located Marek in Edmonton in February, he left the country the next day.

On July, 10, Marek landed in Vancouver and his laptop and hard drives were seized. Police still didn't have enough evidence to lay charges.

Marek then flew to Edmonton, where authorities asked him via e-mail to come in for an interview.

A co-operative Marek was interviewed on Tuesday afternoon in Edmonton and provided authorities with "a lot" of evidence, Clark said.

At the end of the interview, Marek was charged. He has been remanded and will speak to bail Thursday morning.

Clark said he believes the "shocking" website is racist and incites hatred.

**FREE\***  
Triple Pane Window Upgrade

**Act Now! Order by July 31st.**

Book your free in-home consultation.

Westend: 780.455.0440

Southside: 780.463.4466

durabuiltwindows.com

**DURABUILT™**  
WINDOWS & DOORS

\* Terms & conditions apply

# TRUCK LOYALTY PROGRAM PRICING



**OVER 700 TRUCKS AVAILABLE!!!**



2013  
RAM 1500  
REGULAR CAB  
#DR19261  
**\$17,988** **\$109**  
B/W



2013  
RAM 1500  
Sport Quad  
Cab 4x4  
#28748333  
**\$31,988** **\$194**  
B/W



2013  
DODGE RAM  
QUAD CAB  
4X4  
#27742565  
**\$25,988** **\$158**  
B/W



2013  
RAM 2500  
CREW CAB 4x4  
#B3769820  
**\$35,988** **\$219**  
B/W



2013  
Ram 1500  
Sport Crew  
Cab Hemi  
#DR14442  
**\$29,988** **\$182**  
B/W



BRAND NEW  
RAM 3500  
CREW CAB  
4X4 DIESEL  
#43,988 **\$267**  
B/W



2013  
Ram 1500  
Laramie Crew  
Cab 4x4  
#28672223  
**\$36,988** **\$224**  
B/W



BRAND NEW  
3500 Mega  
Cab 4x4 Diesel  
#CR31559  
**\$54,988** **\$359**  
B/W

**OVER 500 CARS, VANS & SUVs!!!**



#DAV7309  
2013 DODGE AVENGER  
**\$15,988** **\$98**  
B/W

0% AVAILABLE



#DPA9514  
2013 JEEP PATRIOT  
**\$16,988** **\$103**  
B/W

0% AVAILABLE



#DDA1763  
2013 DODGE DART  
**\$16,998** **\$105**  
B/W



#28729865  
2013 DODGE CHALLENGER  
**\$24,988** **\$144**  
B/W



#D2C8959  
2013 CHRYSLER 200  
**\$17,598** **\$117**  
B/W

0% AVAILABLE



#DCP3587  
2013 JEEP COMPASS  
**\$17,988** **\$117**  
B/W



#DJR0730  
2013 DODGE JOURNEY  
**\$20,698** **\$120**  
B/W



#28759306  
2013 DODGE CHARGER  
**\$24,988** **\$144**  
B/W



#DGC8479  
2013 GRAND CARAVAN  
**\$20,898** **\$120**  
B/W



#DW22868  
2013 JEEP WRANGLER  
**\$20,798** **\$119**  
B/W



#28025200  
2013 DODGE DURANGO  
**\$35,988** **\$205**  
B/W



#DGH9312  
2013 JEEP GR. CHEROKEE  
**\$36,298** **\$209**  
B/W

[www.londonderrydodge.com](http://www.londonderrydodge.com)

**SALE HOURS:**  
**MONDAY-FRIDAY 9-9**  
**SATURDAY 9-6**  
**SUNDAY 11-5**



**For NEW Vehicles**  
**780-665-1830**  
or text us **780-905-2004**  
13333 Fort Rd., Edmonton, AB

Prices are net of rebates and delivery allowances. Payments calculated with 60 month term & 96 month amortization @ 5.99% OAC. Eg. 2013 Dodge Dart \$16,998 @ \$105 B/W. Interest Cost \$4469.28 over term. Free Cummins Diesel equivalent to applicable rebate. New purchases only. Vehicles may not be exactly as illustrated. See dealer for details.

## Cabinet shuffle. Mom loses meeting on drunk driving

Sheri Arsenault spent dozens of hours creating a presentation and emotionally preparing herself for a meeting — nearly two years in the making — with Canada's justice minister.

The Beaumont mom, whose teenage son was killed in 2011 by an alleged drunk driver, flew to Vancouver Monday, only to find out the prime minister's cabinet shuffle cancelled the plans.

Arsenault was supposed to attend the meeting with Markita Kaulius, the founder of Families for Justice, an organization made up of victims' family members advocating for tougher drunk driving penalties.

The two were getting ready for the meeting when they turned on the radio on Monday and learned that MP Rob Nicholson's justice portfolio was given to Peter MacKay.

"They did not send me an e-mail or a phone call or anything," Arsenault said of the cancelled meeting.

Arsenault said she and Kaulius "had a good cry," when they found out the meeting they had worked so hard to secure and prepare for would not be happening. "We decided we've got to turn lemons into lemonade," Arsenault said.

After spending more than a year trying to get the meeting in the first place, Arsenault said she will be "absolutely devastated" if she has to wait a year for another meeting.

"I've learned the true meaning of the word patience," Arsenault said.

ANNALISE KLINGBEIL/METRO

# U.S. authorities mull MLA charges

**Mike Allen.** Fort McMurray MLA arrested Monday in prostitution sting

An Alberta politician arrested in the United States should find out by the end of the week whether he'll have to return south of the border to face a charge of soliciting prostitutes.

Mike Allen, member of the legislature for Fort McMurray-Wood Buffalo, was arrested Monday night by police in St. Paul, Minn., during a prostitution sting. He was in the city attending a midwestern legislative conference.

After he was released Tuesday, he phoned in his resignation from Alberta's governing Progressive Conservative caucus and issued an apology for "an embarrassing moment" and "lapse of personal judgment."

The 51-year-old flew back to Edmonton later Tuesday night, but since then, fellow politicians have been tight-lipped.

Premier Alison Redford has so far refused to comment on his arrest, and his constituency association and the head of the party are not talking either.

Residents in his home town aren't being so quiet.

"I'm appalled," said Carol Reider, a 42-year-old accountant and married mother. Allen is a public figure and should resign his seat, she said, adding she mostly feels bad for his family.

St. Paul police said Allen



MLA Mike Allen is shown in this police handout photo in Saint Paul, Minn. The Alberta politician has resigned from the governing Conservative caucus after being arrested by police in a prostitution sting. THE CANADIAN PRESS/HANDOUT

was one of 13 men arrested during the sting. They are conducted about every two weeks.

Officers posted a fake ad on an online site for escorts and massage services called backpage.com. Police spokesman Sgt. Paul Paulos said Allen responded to the ad over the Internet and information was exchanged through cell

phone texts about when and where he would meet two female undercover officers.

Allen met the pair and agreed to pay about \$200 to have a threesome, Paulos said. A team of officers then quickly placed him under arrest.

"From what I heard, he was embarrassed and very polite." THE CANADIAN PRESS

### MLA arrest

Allen was elected for the first time in last year's provincial election.

- St. Paul prosecutors are still reviewing the file to decide if Allen will be formally charged.

1 NEWS

**BAD CREDIT?  
NO CREDIT?  
I CAN HELP!**

*You Deserve It!  
I Guarantee It!*

**SHERWOOD  
DODGE**  
CHRYSLER JEEP RAM MOPAR



**2012 GMC DENALI**  
1234 45,000km, loaded

**\$39,861<sup>00</sup>**



**2008 COMPASS 4X4 NORTH**  
4C01624A

**\$11800<sup>00</sup>**  
or **\$99<sup>BW</sup>**



**2009 TOYOTA VENZA, AWD**  
34T4427B Loaded only 50,000 kms.

**\$23,951<sup>00</sup>**  
or **\$199<sup>BW</sup>**



Brad McDonald

Call **BRAD 780.951.1657**  
Yellowhead & Broadmoor, Sherwood Park



## Photo-radar images. Police target fast motorcyclists

Some Edmonton motorcyclists have a need for speed.

Photo-radar images released by the Edmonton Police Service on Wednesday show three motorcyclists traveling between 30 km/h and 81 km/h over the posted speed limit.

In one photo, the driver allegedly was trying to modify his licence plate by bending it and obscuring one of the numbers. The motorist was photographed travelling 181 km/h in a 100 km/h zone.

In another image, a motorcyclist was clocked travelling at 132 km/h in a 80 km/h zone on Whitemud Drive eastbound at 111 Street. The motorcyclist was allegedly racing with another bike when the photo was taken during the lunch hour.

"Motorcyclists need very different skills from motorists," Const. Dean Shwaga,



Edmonton police released this photo-radar image of a motorcyclist travelling 181 km/h in a 100 km/h zone on Anthony Henday Drive southbound at Yellowhead Trail July 11. CONTRIBUTED

with EPS Traffic Services, said in a news release.

"When something goes wrong, motorcyclists are much more vulnerable as they don't have a metal cage surrounding them, the only thing protecting them is their helmet and their safety gear."

METRO

### Injured female

#### Witnesses sought

Edmonton police are seeking witnesses to either a possible hit-and-run or serious assault seven weeks ago that left an 18-year-old female with serious injuries.

Police said a report of an injured female lying on the road along 118 Avenue just west of 78 Street was received just after 11:30 p.m. on May 27, but it is unclear how she was injured. METRO

### Commonwealth Stadium

#### Jumbotron approved

Commonwealth Stadium will have a new home for instant replays, after city councillors endorsed spending \$5.2 million on a new Jumbotron.

The city is trying to replace the system in advance of the 2015 FIFA World Cup. The current system is 15 years old and the city is struggling to find replacement parts. METRO



Road barricades at the top of the Queen Elizabeth Park Road were put up this week. The road will remain closed until November. RYAN TUMILTY/METRO

# Major projects making it a challenge to get around

**Traffic pains.** Several routes around downtown impacted by closures



RYAN TUMILTY  
ryan.tumilty@metronews.ca

For a man who earns his living getting around the city, Mike Haynes has found this year's construction season a hurdle. "It has been the challenge

of my career as a courier," said Haynes, who has been a courier for 30 years.

Haynes said the closure of Queen Elizabeth Park Road earlier this year is just the latest detour he has to work around since several projects ramped up in central Edmonton, beginning with the work on Jasper Avenue last year.

"There have been probably another three or four major construction projects being added on," he said.

Haynes said he would have hoped to see the city complete

### Bridge replacement

## 2015

The Queen Elizabeth Park Road closure is part of the Walterdale Bridge replacement project, which is expected to be completed in 2015.

projects before starting new ones, but he understands the pressure.

"We have to bear with the city. It is going through growing pains and expansion

pains."

Brad Vanderhoek, general supervisor of transit operations with the city, said they generally try to avoid too much disruption in one area, but sometimes it is unavoidable.

"We try to manage what is within our control, but sometimes the reality is weather plays a factor and financial implications play a factor," he said.

He said the standard they aim for is not to disrupt two parallel major roadways.

Apply Online **WWW.GOCREDITFINANCIAL.CA**

**100% Approval**, When the Banks Say No, Go Credit Financial Says Yes! **WE ARE THE LENDER!**

At Go Credit Financial we have a different approach to get the car you are looking for. Let our professional credit consultants help you get the most competitive loan. **0% Financing Available (OAC)**

Everyone Approved with Go Credit Financial

- ✓ Good Credit
- ✓ Bad Credit
- ✓ Bankruptcy
- ✓ No Credit
- ✓ Previous Declines
- ✓ First Time Buyer
- ✓ Repossession
- ✓ 9 SIN number
- ✓ New to Canada
- ✓ Divorced

**\$500 DISCOUNT**  
from Purchase Price  
just for making an Appointment!

**APPROVED IN 3 EASY STEPS:**



1 CALL GREAT DEAL MARCO



2 Pick Your Car



3 Drive Away Today



AMVIC ALBERTA MOTOR VEHICLE INSURANCE COUNCIL



**10151 - 179 St, Edmonton**  
Located in Kia West Edmonton  
**www.gocreditfinancial.ca**

**FREE GAS CARD**

WITH PURCHASE

CALL OR TEXT (24/7) **780 902 6333**



We're a Go!  
Call Now **780 902 6333**  
a division of **KIA WEST EDMONTON**  
#1 Kia Dealership in Western Canada.



**OVER 200 CARS TO CHOOSE AT LOW PRICES AND PAYMENTS CALL TODAY!!!**



**OVER 100 SUVs TO CHOOSE AT LOW PRICES AND PAYMENTS CALL TODAY!!!**



**OVER 50 VANS AND TRUCKS TO CHOOSE FROM AT LOW PRICES AND PAYMENTS CALL TODAY!!!**

# Moving fast. So should you.

\$3,550 in savings: no charge Premium & Sport Packages combined. While stock lasts.



THE 2013 C 300 4MATIC™  
NO CHARGE PREMIUM & SPORT PACKAGES.  
TOTAL PRICE\*: \$46,180\*\*

A Daimler Brand

FINANCE APR

**0.9%\***  
60 MONTHS

LEASE APR

**1.9%\***  
48 MONTHS

LEASE PAYMENT

**\$328\***  
\$8,040\*\* DOWN

#### PREMIUM & SPORT PACKAGES INCLUDE:

- Auto Dimming Mirrors
- Heated Front Seats
- Power Glass Sunroof
- Exterior Power Folding Mirrors
- AMG Styling Package
- 17" 5-Twin Spoke Wheels
- Sport Suspension
- LED Daytime Running Lights



Mercedes-Benz

## The David Morris Difference: C-Class units in stock ready to go!

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER



© 2013 Mercedes-Benz Canada Inc. 2013 C 300 Sedan with Premium & Sport package shown above, National MSRP \$43,540 (base \$39,990, plus optional Premium Package valued at \$2,350 and optional Sport Package valued at \$1,200). \*\*Total price of \$46,180 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires, filters, batteries of \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. \*Lease and finance offers based on the 2013 C 300 4MATIC™ No Charge Premium and Sport package available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$328 per month for 48 months. Down payment or equivalent trade of \$8,040 plus security deposit of \$400 and applicable taxes due at lease inception. Total discount of \$4,000, thereof \$1,200 applied to Sport Package, \$2,350 applied to Premium Package, with balance of \$450 applied to down payment. Lease APR of 1.9% applies. Total obligation is \$24,156. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$43,540. Monthly payment is \$606 (excluding taxes) with \$6,639 down payment or equivalent trade in. Cost of borrowing is \$819 for a total obligation of \$42,971. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends July 31, 2013.



## Price went down? Cheer up!

Book now and get the WestJet Vacations Price Guarantee\*:

What's the WestJet Vacations Price Guarantee? It's our way of saying *don't worry*. Simply book your vacation early to lock in the lowest price. If the price of your WestJet Vacation package drops after you've booked, just let us know and we'll gladly refund you the difference in WestJet dollars® (they can be used like cash towards the purchase of future WestJet flights and vacation packages, with no blackout periods).

The best part is you can use the Price Guarantee an unlimited amount of times should the price continue to drop.

**Book by:** October 31, 2013

**Travel between:** September 3, 2013 to June 23, 2014

Book early at [westjetvacations.com/priceguarantee](http://westjetvacations.com/priceguarantee) or call your travel agent.



\*Offer valid on a minimum 3-night WestJet Vacations booking made between July 11, 2013 and October 31, 2013 (11:59 p.m. MT) inclusive, for travel from September 3, 2013 until June 23, 2014 inclusive. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower-priced WestJet Vacations package must be found by the guest. Reimbursement will be granted when the guest calls 1-877-737-7001 with their booking reference number to notify WestJet Vacations of the lower price while the price is available online, and the WestJet Vacations agent verifies the difference. Approved reimbursements will be issued in WestJet dollars®. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. Offer is available to WestJet Rewards members only. To join, visit [westjet.com/rewards](http://westjet.com/rewards). Offer is subject to change without notice. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details please visit [westjetvacations.com/priceguarantee](http://westjetvacations.com/priceguarantee). ®Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.



Jen Banks, the woman behind Make Jen's Day, describes herself on her website as a mom, blogger and self-proclaimed nerd, a.k.a. Geek Chic. HEATHER MCINTYRE/METRO

# 3 days of kindness will make Jen's year

**Makejensday.com.**  
Weekend initiative to mark anniversary of goodwill website



HEATHER MCINTYRE  
heather.mcintyre@metronews.ca

It all started with donating a bassinet to a young mother in need.

When Jen Banks responded to a tweet from a local youth advocate last July, it inspired her to ask friends, family and social media followers to give to charity or perform a random act of kindness for her birthday.

Nearly one year later — her birthday is on Monday — more

than 700 random acts of kindness have been performed, then sent to Banks through her website [makejensday.com](http://makejensday.com).

This weekend, Banks plans to celebrate the anniversary in a big — and somewhat secret — way.

A call for between 200 and 300 volunteers went out in February to help put on Make Jen's Day weekend, a three-day kindness initiative.

Banks won't reveal any other details.

"Last year, there was 117 acts of kindness in four days generated through Make Jen's Day, and it was really an eye opener for me," said Banks. "People really, really love making someone else's day, or making themselves feel good by helping other people."

### Make Jen's Day weekend

- Banks said there will be one big event Friday between 3 p.m. and 7 p.m., a series of events Saturday, and another big event Sunday between 12 p.m. and 5 p.m.
- Follow along on Twitter (@makejensday) or Facebook (MakeJensDay).

"I think that we'll hit over the 1,000 mark in a year, which is pretty crazy."

Banks said Edmonton is "a city that has a whole bunch of big hearts," and this weekend is about proving it is Canada's kindest city.

### Northeast of Hinton

## Man killed in gas plant accident

A man has been killed in an accident at the site of a gas plant in west-central Alberta.

The death happened Tuesday, about 80 kilometres northeast of Hinton.

RCMP say the 32-year-old Hinton resident had been working as part of a pipeline crew when he was struck by a large piece of pipe.

The victim died at the scene. His name has not been released.

An autopsy is scheduled and police do not consider the death suspicious.

THE CANADIAN PRESS

## Transit. Sohi looking to boost bus fleet's I.Q. with Smart Bus technology

Coun. Amarjeet Sohi would like to see the city rev up its plans for a rollout of Smart Bus technology, and he thinks he knows how to pay for it.

Sohi asked the administration for a report Wednesday outlining the expected saving from a full rollout of the technology, which he believes could reduce fuel costs and make other improvements.

Currently, two bus routes have the technology but Sohi believes there is an opportunity to spread it to the entire fleet.

"There will be savings



Coun. Amarjeet Sohi METRO

to the system and I want to know if by using the savings we can retrofit the entire fleet," he said.

METRO

Canada *wide*

# TRUCKLAND

**99% APPROVAL RATE**

**NO HASSLE · NO BULL · CALL US!**

## MORE TRUCK FOR YOUR BUCK!



2011 CHEVROLET 1500 CREW CAB 4X4 LS

#11A2067

**\$18,988**



2011 RAM 1500 CREW CAB 4X4 SLT

#11B9400

**\$23,988**



2009 FORD F-150 CREW CAB 4X4 XLT

#09B2439

**\$14,988**

**0% FINANCING · LOWEST PRICE GUARANTEE · OR WE PAY YOU \$10,000!**  
**CALL TODAY · IT'S THAT SIMPLE · BANK REPRESENTATIVE ON PREMISES**  
**GUARANTEED CREDIT · YOU WORK · YOU DRIVE · TEXT TODAY FOR YOUR TRUCK · 587-873-3347**



2008 HUMER H2 SUV

#08B2084

**\$36,988**



2011 FORD F-350 CREW CAB 4X4 LARIAT

#11A8177

**\$37,988**



2011 NISSAN FRONTIER SL 4X4

#11A9475

**\$28,988**



2010 FORD F-150 HARLEY DAVIDSON

#10B7292

**\$32,988**



2011 FORD EXPEDITION

#11B9152

**\$28,988**



2010 GMC CANYON EXT. CAB SLE

#12B2435

**\$14,988**



2012 CADILLAC ESCALADE

#12B2435

**\$56,988**



2013 GMC 2500 CREW CAB 4X4 SLT

#13A9909

**\$41,988**



2010 CHEVROLET AVALANCHE LTZ

#10B1486

**\$30,988**



2012 GMC 1500 EXT. CAB 4X4 SLE

#12A9987

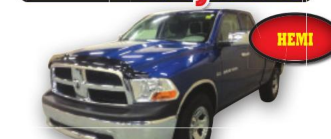
**\$19,988**



2010 RAM 1500 CREW CAB 4X4 SPORT

#10B2122

**\$26,988**



2011 RAM 1500 QUAD CAB 4X4 SXT

#11T0950A

**\$23,988**

**FREE TRIP TO LAS VEGAS FOR 2!**

LOCAL (780) 483.7516

TOLL FREE 1.866.310.5751

Canada *wide*  
**AUTO SALES**

10212-178 ST. EDMONTON  
 MON-FRI 9-9, SAT 9-6, SUN 11-5  
 WWW.CWAS.CA



Vehicles may not be exactly as illustrated. Vehicles may not be exactly as illustrated. See dealer for details. 0% financing available 12 mths amortized over 96 months o.a.c. To be eligible for lowest price or \$10,000 guarantee, customer must provide written proof by management of other dealership stating vehicle is comparable in mileage, year, model & condition. Call or drop in for complete details.



# Movie event is BYOBell, costume and prop



A woman shows how to dress up and perform to *The Princess Bride*. SCREENSHOT

**The Princess Bride.**  
7:30 p.m. improv theatre  
to precede movie

Are you part of a jousting group or medieval club? Can you juggle or play the harp?

If you fit into one of those categories — and even if you don't — save the date of Aug. 2,

as the Edmonton Public Library and Movies on the Square show a free audience-participation version of *The Princess Bride* on a giant inflatable screen in Churchill Square.

"*The Princess Bride* is just the perfect movie because it's ... got a lot of history to it and it's a family event," said Tina Thomas, the EPL's director of marketing, communications and fund development.

"We took that movie, we added actions, we added props ... (and) we encourage people to come dressed up."

The EPL took the idea of *The Rocky Horror Picture Show* and began adapting it to other movies in 2010, showing them in the basement theatre of the Stanley A. Milner Library to audiences of between 350 and 400 people.

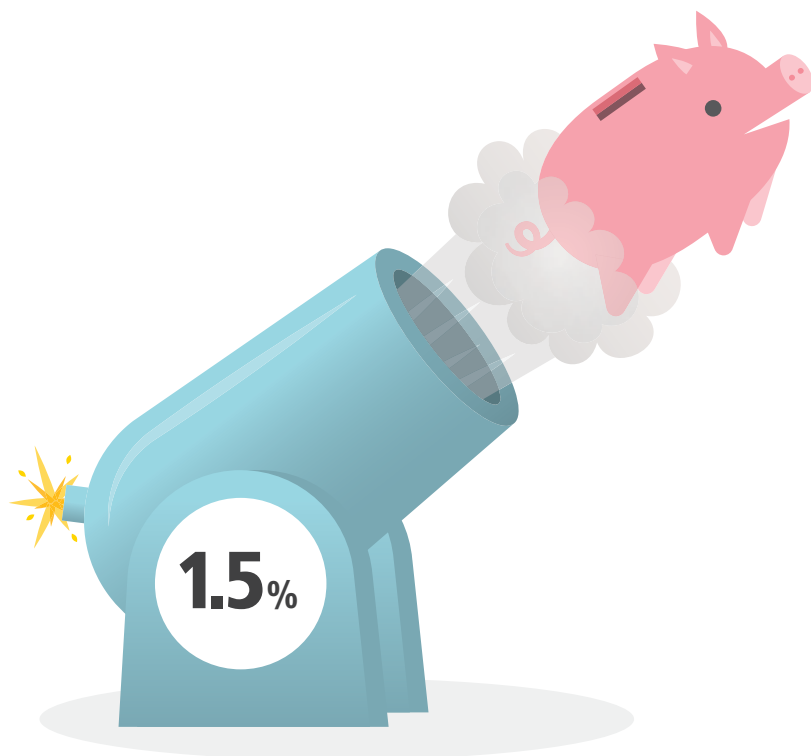
Thomas is excited that more

than 2,500 can be accommodated in Churchill Square.

Encouraged actions include blowing bubbles every time characters say the words "true love," making kissy noises or ringing a bell when characters lock lips, and mimicking sword fights with lasers or glow sticks.

Those interested in getting more involved should email [tthomas@epl.ca](mailto:tthomas@epl.ca).

HEATHER MCINTYRE/METRO



## Watch your savings take off.

Now, for a limited time, you can earn 1.5%\* on new deposits with a CIBC eAdvantage™ Savings Account when your account balance is \$5,000 or more. Plus, you'll always enjoy full access to your savings. So sign up today and take advantage of this great offer.

Talk to us today. At the branch | [cibc.com/savings](http://cibc.com/savings) | 1 877 434-1909



FOR  
WHAT  
MATTERS.

\*This is a combined bonus and regular annual interest rate paid on new deposits made to your CIBC eAdvantage™ Savings Account ("eSA") when the eSA account balance is \$5,000 or more. The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. The regular interest rate is calculated on the full daily closing balance when the balance is \$5,000 or more. In addition, on days when the closing balance exceeds the closing balance recorded on July 2, 2013 (the difference between the two balances is a "new deposit"), the new deposit earns a bonus interest rate for that day. If your eSA balance is less than \$5,000 you will not earn regular interest; you will earn bonus interest. This bonus interest rate offer is for a limited time. Interest is calculated daily on each day's final balance and paid monthly. Other conditions apply. CIBC eAdvantage™ and "CIBC For what matters." are trademarks of CIBC.



## Flood of gratitude. City thanks Edmonton workers



Edmonton police who went to Calgary during the city's flooding, received thank you cards from Calgarians for their efforts. CONTRIBUTED BY CITY OF EDMONTON

Edmonton Fire Rescue platoon chief Gregg Menard said that when he arrived in Calgary during the city's floods last month, he was blown away by what he saw.

"We were overwhelmed with the devastation and what people had to face when they returned to their homes."

Menard was among dozens of city employees that Edmonton councillors applauded for their efforts at Wednesday's council meeting.

Menard said he and other Edmonton firefighters helped clear flooded basements and remove debris in the flood's aftermath, and were warmly received in Calgary. "We were receiving standing ovations,"

he said.

Edmonton also sent hundreds of police officers, transit workers and other staff.

Thanking city workers on Wednesday, Mayor Stephen Mandel said the flooding in Southern Alberta has shown the province's strength.

"It brought all of us much closer together. It showed we are really dependent on one another," he said.

Calgary Mayor Naheed Nenshi taped a video message, thanking Edmonton's workers for their help.

"We always knew that we had no better friends than the citizens of Edmonton, and boy did you prove it."

RYAN TUMILTY/METRO

## Terwillegar. Council OKs \$24-million bridge

Councillors gave the green light to a \$24-million foot bridge in Terwillegar Wednesday.

The span across the North Saskatchewan River will be a stressed ribbon construction style and is being jointly funded by the provincial and federal governments.

The city risked losing grant dollars if the project didn't get underway this year because it must be completed by 2016.

Area councillor Karen Leibovici said she would like to see the project include a parking

lot and a road to allow people to get access to the river.

"We have to figure out how we increase that connectivity so it becomes one of those amenities that Edmontonians use," she said.

There are still issues that the city has to work out with a country club whose property the city will have to cross during construction. Council discussed those issues in private Tuesday, but Leibovici said she believes those issues can be resolved. RYAN TUMILTY/METRO



# LEXUS UNVEILS YET ANOTHER MASTERPIECE.

*Lexus South Pointe now open.*



## LEXUS SOUTH POINTE

830 - 100th Street South West, Edmonton, Alberta T6X 0S8  
(780) 989-2222, [www.lexussouthpointe.com](http://www.lexussouthpointe.com)

Lexus invites you to experience the finest vehicles and service at our brand new showroom. Whether you come in to drive a Lexus for the first time or to service the Lexus you already own, you'll find that the pursuit of perfection applies to everything we do. Because we want your whole experience of Lexus to be as pleasurable and effortless as driving one.

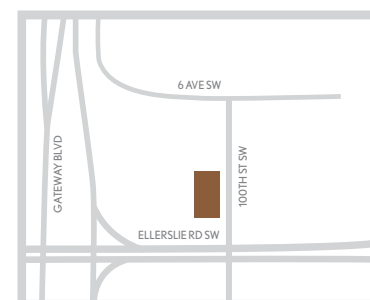
### BUSINESS HOURS

#### SALES:

Mon - Thurs 9 am to 9 pm  
Fri - Sat 9 am to 6 pm

#### SERVICE:

Mon - Fri 7 am to 5:30 pm  
Saturday 8 am to 4:30 pm



## Dear Malala. Taliban commander writes to girl his group tried to murder

A prominent Pakistani Taliban commander has written a letter to a teenage girl shot in the head by the group, expressing regrets that he didn't warn her before the assassination attempt that propelled her activism to the international stage.

The letter from Adnan Rasheed, however, didn't apologize for the October attack that left Malala Yousafzai gravely wounded. Rasheed, who has close relations with Taliban

leaders, only said that he found the shooting "shocking" and wished it hadn't happened.

Rasheed said he would leave it up to God to decide whether the activist for girls' education should have been targeted.

Rasheed said the Taliban did not attack Malala because she was a proponent for girls' education, but because she was critical of the militant group when it took over much of her hometown. **THE ASSOCIATED PRESS**

### Same-sex marriage

#### Britain makes it official: Gay marriage OK'd

With little fanfare or controversy, Britain announced Wednesday that Queen Elizabeth II had signed into law a bill legalizing same-sex marriages in England and Wales.

**THE ASSOCIATED PRESS**

### Royal birth

#### England and wails: Queen impatient for baby to arrive

Asked whether she was hoping for a boy or a girl as her third great-grandchild, Queen Elizabeth II said, "I don't think I mind. I would very much like it to arrive. I'm going on holiday."

**THE ASSOCIATED PRESS**

# 22 kids die in India after eating free school lunch

**Dozens sick.** Not yet clear how food got tainted with insecticide

The children started falling violently ill soon after they ate the free school lunch of rice, lentils, soybeans and potatoes.

The food, part of a program that gives poor Indian students at least one hot meal a day, was tainted with insecticide, and soon 22 of the students were dead and dozens were hospitalized, officials said Wednesday.

It was not immediately clear how chemicals ended up in the food at the school in the eastern state of Bihar. One official said that the food may not have been properly washed.

The children, between the ages of 5 and 12, got sick soon after eating lunch Tuesday in Gandamal village in Masrakh block, 80 kilometres north

### Headmistress flees

- Authorities suspended an official in charge of the free meal scheme in the school and registered a case of criminal negligence against the school headmistress, who fled as soon as the children fell ill.

of the state capital of Patna. School authorities immediately stopped serving the meal as the children started vomiting.

Savita, a 12-year-old student who uses only one name, said she had a stomach ache after eating soybeans and potatoes and started vomiting.

"I don't know what happened after that," Savita said in an interview at Patna Medical College Hospital, where she and many other children were recovering.

**THE ASSOCIATED PRESS**



Children who fell sick after eating a free school lunch lie at a hospital in Patna, India, Wednesday. At least 22 kids died. AFTAB ALAM SIDDIQUI/THE ASSOCIATED PRESS

THEY CAN'T  
BUILD IT  
UNTIL YOU  
DESIGN IT

WHAT WILL YOU DESIGN  
AS A COMPUTER AIDED DRAFTER GRADUATE?

NOW ACCEPTING  
APPLICATIONS  
FOR SUMMER TERM  
CALL TODAY  
1.877.414.0200

**DIGITAL School**

YOUR BIM & CAD COLLEGE

#304, 10205-101 STREET, EDMONTON

# WANTED

**NOXIOUS WEEDS**

MOW 'EM DOWN. PULL 'EM UP.  
MOVE 'EM OUT.

This growing season, the City of Edmonton is doing more to hunt down some of our worst offenders: **noxious weeds.**

Learn more about these wanted weeds, and what you can do to help, by calling 311 or visiting [www.edmonton.ca/wantedweeds](http://www.edmonton.ca/wantedweeds).



CANADA  
THISTLE

SCENTLESS  
CHAMOMILE

PERENNIAL  
SOW THISTLE

THE CITY OF  
**Edmonton**

**Kingsway Toyota**  
is having a special **Bring your Dog on**  
your test drive **Event & Private Sale!**

**JULY 20, 2013**  
**9AM - 6PM**

FINANCING  
RATES AS LOW AS  
**0%** OAC

BRING YOUR DOG  
AND GET A  
**\$500**  
ACCESSORY CREDIT

GET UP TO  
**\$7000**  
IN CASH REBATES

Come and support our Furry Friends affected by the Calgary Flood! **Donations will be collected in support of the Calgary Humane Society and Kingsway Toyota will match 100% of all donations we receive.**

**Global Pet Foods (Jasper Ave Location)** will also be here to answer all your pet related questions. They will also have some tasty goodies to share with all the dogs!



Join us for

**Friends  
FUR-EVER**

**Event & Sale!**

*Simple. Honest. Friendly. Your Neighborhood Dealership.*

**KINGSWAY** 

*Let our family serve your family*

12820 97 Street NW • Edmonton, AB • T5E 4C3  
CALL US TOLL FREE AT 1.888.673.1596

SHOP ONLINE AT [KINGSWAYTOYOTA.COM](http://KINGSWAYTOYOTA.COM)



# Tourists flock to Lac-Mégantic disaster site

**Derailment.** Visitors hoping to get a glimpse of the site will be disappointed

The shocking images of flames ravaging Lac-Mégantic have drawn visitors to the small Quebec town, hoping for glimpses of a morbid tourist attraction.

It's a dreary development for a town that long has prided itself on its tourism pull as a picturesque community in a region known for its natural landscapes and centennial architecture.

The derailment that killed dozens of residents and razed the town centre quickly

prompted officials, fearing an exodus of tourists and an even deeper hit to the local economy, to sound the alarm.

After anxious tourists fled the area and cancelled bookings in the days after the crash, Mayor Colette Roy-Laroche publicly pleaded for their return.

Her appeal seemed to resonate with travellers. In fact, they arrived in such great numbers last weekend that the mayor was forced to re-visit her invitation.

"I invited people to visit different areas, different tourist attractions in Lac-Mégantic and the region — but I also don't want to create too much disappointment because people are coming to see the site (of the derail-

## A tourist's perspective

**"We want to see what happened and offer our sympathies, help bolster the community."**

Tourist Marie-Lyne Bertrand

ment)," she told reporters.

Relatively few people have seen the disaster zone.

News media were only allowed for the first time behind the walls of the security perimeter on Tuesday. Until then, only civil authorities and visiting politicians had entered the site. Otherwise, the view is blocked by a high metal fence lined with black cloth.

THE CANADIAN PRESS



## Alleged kidnapper pleads not guilty on 977 counts

Ariel Castro stands before a judge during his arraignment on an expanded 977-count indictment Wednesday in Cleveland. Castro is charged with kidnapping and raping three women for more than a decade in his Cleveland home. Castro pleaded not guilty to 512 counts of kidnapping and 446 counts of rape, among other crimes. TONY DEJAK/THE ASSOCIATED PRESS

## First Nations

### Leaders seek food security from feds

Angry leaders from the Assembly of First Nations want a federal response to research that says nutritional experiments were conducted on unwitting, hungry aboriginal children in the 1940s.

Grand Chief Shawn Atleo says the revelations in a Canadian Press story are dominating conversations at an assembly meeting in Whitehorse.

He says the assembly is drafting an emergency resolution demanding that Ottawa acknowledge that aboriginal children are still hungry.

The AFN leaders say the Harper government should stop fighting the assembly's attempts to ensure food security for aboriginal people.

A spokeswoman for Aboriginal Affairs Minister Bernard Valcourt has said the current federal government was shocked by the findings. THE CANADIAN PRESS

# Hey there, Canada!



Hi! I'm

# PACHI

Official mascot of the  
TORONTO 2015 Pan Am/  
Parapan Am Games

[TORONTO2015.org/mascot](http://TORONTO2015.org/mascot)



head to  
toe glow

SATURDAY JULY 13 TO FRIDAY AUGUST 9



3 PRIZES  
AVAILABLE!

RECEIVE A CONTEST CARD WHEN YOU SPEND \$10 OR MORE AND YOU COULD

WIN\* \$5,000

TO SPEND TOWARDS

your dream summer



PLUS - GET BONUS  
ENTRIES WHEN YOU  
BUY PARTICIPATING  
PRODUCTS!\*

SHOPPERS  
DRUG MART

\*NO PURCHASE NECESSARY. Contest begins on July 13, 2013 at 9:00:00 a.m. EST and closes August 11, 2013 at 11:59:59 p.m. EST. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence. Contest cards containing a unique PIN code will be given out in-store until August 9, 2013, or while supplies last, whichever comes first. PIN code must be entered at [shoppersdrugmart.ca/summer](http://shoppersdrugmart.ca/summer) by August 11, 2013 11:59:59 p.m. EST. To receive a contest card, while supplies last, customers must make a purchase of \$10 or more on eligible products after discounts and redemptions of any Shoppers Optimum Points®, coupons or promotional gift cards and before taxes at participating Shoppers Drug Mart stores between July 13 and August 9, 2013. Eligible products exclude prescription purchases, products with codeine, tobacco products (where applicable), stamps, passport photos, lottery tickets, event tickets, transit tickets and passes, gift cards, prepaid phone cards, prepaid card products and purchases at Shoppers Home Health Care locations. Limit one contest card per eligible transaction regardless of total dollar value of transaction. Customers can also earn one (1) Bonus Entry for each participating product purchased using a valid Shoppers Optimum Card® between July 13 and August 9, 2013 and who have registered their PIN code and their Shoppers Optimum Card online by August 11, 2013 11:59:59 p.m. EST. Maximum of sixty (60) entries per person, including all Bonus Entries. There are three (3) Grand Prizes available to be won, each consisting of \$5,000. The odds of winning a Grand Prize will depend on the total number of eligible entries received. Correct answer to skill testing question required. For full contest details, including how to obtain PIN codes and Bonus Entries without a purchase, and a list of participating products for Bonus Entry, visit [shoppersdrugmart.ca/summer](http://shoppersdrugmart.ca/summer), or see cashier for details.

# Deadly gales, happy trails

While a violent tempest can destroy property and bring financial ruin, it's also the key to fortune for an intrepid breed of entrepreneur: the storm chaser. George Kourounis, full-time chaser and former host of the TV series *Angry Planet*, reveals the secrets to survival in his dream job.

RITA POLIAKOV  
rita.poliakov@metronews.ca

COURTESY GEORGE KOUROUNIS

Instead of your math homework, you were busy counting lightning strikes. When your parents pleaded with you to go to law school, you drowned them out with the sound of hurricane-force winds. So unless you became a meteorologist, chances are you're still seeking that dream job.

Well, storm chasing may just be in your forecast.

As violent weather becomes more common, what may have seemed like a fairy tale now might be a valid career choice.

It worked for George Kourounis, a full-time storm chaser and adventurer who tracked his first tempest in 1998. After years of dodging cattle, embracing hail and praying for lightning, Kourounis, who makes his living by photographing and filming tornadoes, hurricanes and other natural phenomena, offers four skills you'll need to thrive — and survive — in your ideal career.

## Take your veggies, leave the candy

You have to know what you're looking for. Kourounis hunts for supercell storms — thunderstorms known for their rotating updraft.

"It looks like a cauliflower," he says of storms with the potential to produce a good tornado. "If it looks like cotton candy — soft and mushy — then no."

What Kourounis is really searching for is a cap, a layer of warm air that covers cold air in a storm. If it's strong, but not too strong, then the storm will eventually get through the cap. "Then you've got these explosive storms," he said.

## Learn to mind the cows

Driving skills are crucial.

"Some of the most dangerous things don't involve the actual phenomenon," Kourounis said. "Driving on the roads, that is far more dangerous."

That's because tracking a storm will often involve hours of driving, sometimes on unpaved, dangerous paths. Factor in other storm chasers paying more attention to the sky than the road, panicked locals, clay surfaces that don't mix well with water and errant farm equipment, and your chances of crashing have just skyrocketed.

Kourounis has even been caught in a cattle stampede at the worst possible time.

"We had baseball hail coming down, a tornado on the ground moving slowly toward us ... and a herd of cattle that would not get out of my way," he said.

## Develop a strong stomach

Storm chasing comes with its fair share of superstitions.

Kourounis firmly believes, for example, that if he accidentally hits a bird, he'll find a storm that day. He also refuses to eat steak unless he's seen a tornado. And when in Texas, if you pass an Allsup's, you better stop for a burrito — no matter how unappetizing — or the fates will be against you.

## Know when to walk — or run — away

Kourounis's most important rule is simple enough: Know when to let the tornado go.

"No photo's worth dying for," he says.

## Raining cash?

According to Kourounis, one tornado season can cost a few thousand dollars in gas, food, hotels and travel. And your competition isn't just other storm chasers, but everyone with a cellphone camera who's willing to give their shots away for free.

- On the flip side, documentaries looking for professional storm footage can pay \$35 per second.

## Head in the clouds

If you're looking for the perfect twister, here's his list of the best places to find it:

- Tornado alley:** North Texas, Oklahoma, Kansas, Nebraska (May and June)
- Dixie alley:** Mississippi, Alabama, Tennessee (March and April)
- Northern plains:** Dakota, the Canadian Prairies (summer)
- Southern Ontario:** in the corridor from Windsor to Barrie (May to August)

## Moving targets

# 1,200

The U.S. gets about 800 to 1,200 tornadoes a year. Canada gets about 60.

# Gear up and get going

## Strobe, emergency lights

These help illuminate the road. Essential at night.

## A good laptop

This is key. Kourounis's computer has radar software that he checks regularly.

## Radio

This is Kourounis's link to the outside world. It allows him to communicate with fellow storm chasers and weather stations.



RITA POLIAKOV/METRO IN TORONTO

## A trustworthy car

Kourounis has a 1999 Honda CRV. The car is covered in hail dents, which he sees as trophies. He's had to replace the windshield several times.

## GPS

Kourounis has a basic model as well as a more sophisticated GPS that he runs on his computer.

## More online

Check out videos of George Kourounis's escapades online at his YouTube account, gkourounis.



# DID YOU KNOW?

## FACT:

**Wireless rates in Canada are typically lower than in the U.S., in some cases up to 40% lower<sup>1</sup> and smartphone monthly plans are actually less expensive in Canada than in the United States.<sup>2</sup>**

Source:

[1] Wall Communications Report, prepared for CRTC, July 2013.

[2] Scotiabank, March 7, 2013

---

CANADA  A WORLD LEADER IN WIRELESS

 Association canadienne  
des télécommunications sans fil  
 Canadian Wireless  
Telecommunications Association

# 'KFC eleven' goes boneless, drops colonel



KFC will offer new boneless pieces of chicken as an alternative to its traditional breast, thigh and drumstick pieces. The chain says the offering reflects the growing popularity of easier-to-eat chicken strips and nuggets. KFC/THE ASSOCIATED PRESS

**But is it still finger lickin' good?** The fast-food chain is opening a test upscale restaurant, with the Original Recipe, minus bones and mascot

KFC is tossing out the chicken bones and the quaint image of founder Col. Harland Sanders as it gets ready to test a slightly more up-market restaurant.

The fried chicken chain says it's opening a location called "KFC eleven" early next month near its headquarters in Louisville, Ky., that will serve flatbreads with toppings, rice bowls, salads and only boneless pieces of its Original Recipe chicken.

The restaurant's exterior won't feature Sanders, whose bespectacled, white-bearded likeness has long been front and centre at traditional KFC locations. But the name of the test restaurant is a reference to the 11 herbs and spices Sanders used in the Original Recipe.

KFC eleven's opening is a reflection of the challenges facing traditional fast-food

chains such as McDonald's, Burger King and Wendy's. The problem is that people in their 20s and 30s are increasingly heading to chains such as Chipotle Mexican Grill and Panera Bread, where they feel they get better food for slightly higher prices.

In a note to investors about KFC's test, Janney analyst Mark Kalinowski said that such "fast-casual" chains remain the fastest-growing segment in the restaurant industry. He noted that other chains, including Applebee's and Red Lobster, have recently started testing similar formats as well.

John Cywinski, president of KFC, said in an interview that people often equate KFC with "buckets of fried chicken on the bone," primarily as a dinner or weekend option.

THE ASSOCIATED PRESS

## New leadership

### BoC holds steady on 1% interest rate

Stephen Poloz may have brought more candour to the Bank of Canada, but he is following Mark Carney's lead in maintaining interest rates at super low levels for what is likely to be at least another year.

The central bank issued its first policy announcement and economic outlook under the new leadership on Wednesday, adjusting slightly the expected growth rates, but solidly sticking with the one per cent policy interest rate that's been in place almost three years.

Some analysts had anticipated Poloz would set a new course from Carney, but there was little sign the men see the world differently. THE CANADIAN PRESS

## Access to Europe. Porter Airlines inks interline deal with Icelandair

Porter Airlines has signed an interline agreement with Icelandair that gives passengers on its flights access to Europe on a single combined e-ticket, the Toronto-based airline announced Wednesday.

The agreement allows passengers to book a single combined e-ticket for Porter Airlines and Icelandair flights and check baggage through to their final destination.

"This is Porter's first interline agreement providing access to Europe," said Michael Deluce, Porter's chief commercial officer.

"Icelandair has numerous gateways within our network that passengers can fly from."

Icelandair recently ex-

## Two growing airlines

- Icelandair provides service to Iceland from several North American cities and offers connections to more than 20 cities in Scandinavia, Britain and Continental Europe.

- Porter is a regional airline based at Billy Bishop Toronto City Airport.

panded its seasonal service from Toronto's Pearson Airport to a year-round operation and resumed seasonal service from Halifax with up to three flights a week.

THE CANADIAN PRESS

## EK3 acquisition

### Cineplex to grow digital signage

Cineplex Inc. says its digital signage unit will get a good platform for growth in Canada and south of the border through the theatre company's proposed friendly takeover of EK3 Technologies Inc., announced Wednesday.

EK3 of London, Ont., has operations in 32 U.S. states, as well as Canada and other countries, that provides in-store digital advertising signs. Its clients include Tim Hortons, McDonalds, Walmart, Target, and the RBC and BMO financial groups.

THE CANADIAN PRESS

## Too dominant, says EU

### Google, a victim of its own success?

The European Union's competition chief says Google isn't doing enough to overcome concerns that it's stifling competition, and ordered the Internet giant to come up with new ideas.

The European Commission, the EU's executive arm, has been investigating whether Google Inc. is abusing its 90 per cent market share in Internet searches. Google has sought to address the concerns mainly by changing how it displays search results. THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
96.02¢ US (-0.45¢)

**TSX**  
12,568.77 (+51.88)

**OIL**  
\$106.48 (+48¢)

**GOLD**  
\$1,277.50 (-\$12.90)

**Natural gas:** \$3.63 (+3¢)  
**Dow Jones:** 15,470.52 (+18.67)



## Company involved in derailment lays off staff

An engineer checks the engine of a Montreal, Maine and Atlantic locomotive outside the offices of MMA railway in the town of Farnham, Que., on July 11. The company involved in the deadly Quebec train derailment has laid off one-quarter of its workforce in the province. A union representing employees at the Montreal, Maine and Atlantic Railway says the company has laid off 19 of its 75 workers in Quebec. GRAHAM HUGHES/THE CANADIAN PRESS

**84th Canadian Derby**  
Northlands Park • Edmonton, Alberta  
August 17, 2013

visit northlandspark.ca for details

## WESTERN CANADA'S BIGGEST THOROUGHbred RACE

Catch all the excitement from out infield or dine track-side in Colours Restaurant

Hospitality packages on sale now!



**Adventure!**  
**Teach English Overseas!**

- TESOL Certified in 5 Days
- In-Class or Online
- No Degree Required!

**1.888.270.2941**  
**Job Guaranteed!**  
Next in-class course: July 17th - 21st, 2013  
Next Seminar: August 7th, 2013 @ 7pm  
Travelodge Edm South, 10320 - 45 Ave  
[www.globaltesol.com](http://www.globaltesol.com)

**GLOBAL TESOL COLLEGE**  
Real English Worldwide

**NEED MONEY?**

- ✓ No credit checks
- ✓ Fast approvals

call 1-866-499-5629

**And get cash now!!**  
[www.mynextpay.ca](http://www.mynextpay.ca)

# STUPID SUMMER AND ITS HEAT

I miss winter.

Yes, that's right. You heard me. Baby, I wish it were cold outside.

Here in Toronto it's been in the low 30s lately, and with the humidex factored in it feels like — excuse me while I make the calculation — 92-billion degrees, give or take.

It's been equally uncomfortable in most of Canada, and frankly, for me, anything over 25 C makes me wish I could trade my existence with an Antarctic researcher, or an Eggo in my freezer.

While it's true that in the depths of winter I have prayed for a July night, I'd have been equally happy this summer to see snowflakes fall from the sky and melt on my face.

Alas, no such luck, and I have to suffer like the rest of you, who convince yourselves that this sleepy, sweaty excuse for a season is the best time of the year.

As someone who hates the summer more than most, I am spe-



HE SAYS

**John Mazerolle**

metronews.ca

cially positioned to provide counsel on how to defeat it. As such, here are my tips for staying cool this summer. Follow these and you'll feel like the other side of the pillow.

**Cold comfort: Beating the heat and staying healthy during the summer**

- Dehydration is caused by the loss of water and salt, so drink plenty of salt water.
- A wide-brimmed hat will keep the sun off your head and discourage U.S. drone strikes.
- During extreme heat alerts, visit elderly relatives and neighbours, because they're less likely to notice that you're wandering off with their air conditioner.
- Gatorade will give you energy you need to whine and complain with the same intensity

Sidney Crosby does during every single stoppage in play.

- Be warned that breathable clothing is surprisingly difficult to inhale.

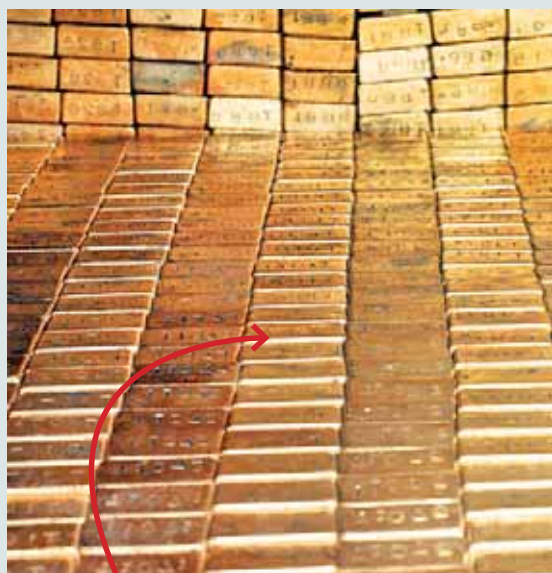
- Don't use the oven. I keep the oven off all year, because I'm so heat conscious.
- Many communities open public cooling centres during heat waves that include smiling, buxom models offering you free beer inside a room with a dance floor where the walls themselves are frosted glass. If you're not getting these perks, your tax money is being wasted.
- If you find yourself working outdoors in extreme heat, then I'll have a whisky sour — the real kind, with an egg in it, and don't sugar the rim. And try to make it today, OK, hon?
- In case of drought, keep a small electrolyte generator in your basement.
- On the hottest days, don't be ashamed to use a parasol to commit hara-kiri.
- Watch for signs of irritability. Remember that if it's under 25 C, you're the intolerable one, not the weather.

And those are my tips. I hope you found them helpful.

Or perhaps they left you cold. If so, you're welcome.

## ZOOM

## When stars collide ... it's golden



BARRY THUMMA/THE ASSOCIATED PRESS FILE

### Shiny metals result from cosmic clashes

Gold bars are seen at the U.S. Depository in Fort Knox, Ky. A strange glow in space has provided fresh evidence that all the gold on Earth was forged from ancient collisions of dead stars, researchers said Wednesday.

Astronomers have long known that fusion reactions in the cores of stars create lighter elements such as carbon and oxygen, but such reactions can't produce heavier elements such as gold.

Instead, it was long thought that gold was created in a type of stellar explosion known as a supernova. But that doesn't fully explain the amount of the precious metal in the solar system.

About a decade ago, a team from Europe using supercomputers suggested that gold, platinum and other heavy metals could be formed when two exotic stars — neutron stars — crash and merge. Neutron stars are essentially stellar relics — collapsed cores of massive stars. **THE ASSOCIATED PRESS**



FAIRBANKS GOLD MINING INC./THE ASSOCIATED PRESS

### Glowing after a burst

## 3.9B

NASA's Swift telescope last month observed a gamma-ray burst that resulted from the crash of dead stars. The burst, in a distant galaxy, was some 3.9 billion light-years away. Each light-year is about 6 trillion miles. The burst lasted only a fraction of a second.

Using ground telescopes and the Hubble Space Telescope, the team noticed an odd glow that lasted for days. Infrared light in the glow could be evidence that heavy elements such as gold had spewed out of the cosmic crash, the researchers said.

### Struck gold

Fort Knox Mine, pictured, is the largest operating gold mine in Alaska.

- The research suggests gold was produced from stars crashing in the Milky Way. It doesn't delve into how Earth was sprinkled with riches, but previous studies have suggested that a meteor shower may have delivered gold to the planet.

### Clickbait



**ANDREW FIFIELD**

andrew.fifield@metronews.ca

**There are a lot of things that can make cycling more pleasant. A sunny sky. A cool breeze. Infrastructure that provides you with a place to ride safely. Sadly, those are largely out of your control. But you can control the level of technological wizardry your ride is equipped with if you have these apps.**

### Bike Brain

A digital dashboard that packs GPS mapping as well as speed, distance and altitude tracking into a handlebar-mounted iPhone utility belt. Need to be more dazzled? There are available paid upgrades for additional features such as a Bluetooth-powered heart rate sensor. (iOS/Free)

### Bike Repair:

The spring crush at bike shops to get your ride tuned up for the summer is

long past, but you can avoid it altogether next year with this illustrated repair and maintenance guide to grappling with common bike-related woes. (iOS, Android/\$3.99)

### Coach My Ride:

Blessed with the imprimatur of top cycling coach Lionel Reynaud, CMR arms you with a professional training regimen with enough entry points to suit any cyclist, from weak-kneed beginner to corded-calved veterans. (iOS/\$2.99)



BRYN LENNON/GETTY IMAGES

### Letters and Comments

**RE: Chris Brown Teams Up With 'America's Worst Charity' To Bring Sick Boy To Canadian Show, published July 17**

In my opinion Chris Brown has paid his dues as a citizen. I don't know what else people expect from him.

I know what he did was wrong but I truly believe that every person deserves a second chance to move on with their lives.

How can anyone do so if they are continuously harassed in the media, in public, etc.

I don't understand where

people get the time, energy and the hatred to continuously harass someone that is trying to move on.

Maybe everybody should get a life then they wouldn't have time to make other people's lives difficult. In my opinion, if Jesus Christ forgives then so should we. There have been musicians that have gone to prison for murder and they are still making records. **A. Grossi, Toronto**

This is a really pathetic publicity pull, and all parties should be ashamed of themselves for using a sick kid to try to clean up their image.

**Danielle Goyetche posted to metronews.ca**

**WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca**

# It's back to K-Day basics

## Rebrand reversal.

Fair to showcase top talents like Carly Rae Jepsen



BACKSTAGE  
PASS

Jennifer Laraway  
edmonton@metronews.ca

Both in life and event planning, some lessons are meant to be learned the hard way. Northlands is no exception.

For more than 40 years, the fair was affectionately known as K-Days. Then in 2006, Capital Ex was introduced — a controversial rebrand that most Edmontonians ignored.

It was like that time when Vegas tried to market to families — it was awkward. Despite percolating for six years, the name wasn't sticking and Northlands knew something needed to give.

That's where the team working behind the scenes at Northlands, including public relations specialist Lauren Andrews, came into play.

"Last year, we introduced Name Your Fair so Edmontonians could really have ownership over the fair like they have in the past," she says.

Not surprisingly, K-Days came out victorious. With the re-introduction of K-Days, the organization took the opportunity to ramp up the entertainment. Countless hours have been spent examining every experience and brainstorming on how to make it even better.

"There's a new entertainment section with the



Edmontonians voted to bring the exhibition name back to K-Days, which kicks off tomorrow at Northlands. COURTESY OF NORTHLANDS

### K-Days details

- Outgoing Mayor Stephen Mandel is this year's parade marshal.
- At 133 years Edmonton's exhibition has been around longer than Stampede.

Koodonation headliner stage on the south grounds," Andrews says.

It will feature acts from every dial on the music spectrum, including Carly Rae Jepsen, Down with Webster and Classified, along with country singers Chad Brownlee and Dallas Smith.

"Everything is bigger and better on the midway this

year. We wanted to create an all-encompassing mid-way experience with the new Boardwalk Beer Gardens and Rib Fest. Plus, Bonanza Park has been renamed to Klondike Park to honour the memories of the past gold panning days. Klondike Kate is back. There are a lot of good elements for people fond of the nostalgia. Also, the Our Alberta Hall is

more spectacular than ever," Andrews says.

Since retiring Capital Ex last year, saying the Northlands team has been busy with this year's exhibition overhaul would be an understatement.

Reinventing one of Edmonton's signature events is proving to be intense, right up until the last minute.

"We are down to the wire, but we put our noses to the grindstone and it always works out," Andrews says, from behind the rides, hall exhibits, and entertainment.

Gates open tomorrow and the fair runs until July 28. Admission is \$10 at the gate, with ticket options available online. Visit the new website at k-days.com.



## WESTERN CANADA'S BIGGEST THOROUGHBRED RACE

Catch all the excitement from out infield or dine track-side in Colours Restaurant

Hospitality packages on sale now!

Go to northlandspark.ca for details



## MR HAKEEM

RENOWNED AFRICAN MEDIUM + CLAIRVOYANT

Love Specialist, Resolves All Problems, Business Success, Release From Spells, Court Cases, Exams, Protection, Family Problems, Bad Luck, Impotency, Reunite Lovers Forever, Even Hopeless Cases.

20 Years Experience — Quick Results

780-424-2347

On Jasper Avenue

# Clairvoyant predicts a Conjuring sequel

**Lorraine Warren.**

Famed ghost hunter talks about how she deals with skeptics and that creepy doll that almost killed a priest



**NED  
EHRBAR**  
Metro World News in Hollywood

The Conjuring is the latest film to bring the work of clairvoyant Lorraine Warren and her late husband, demonologist Ed Warren, to the screen, but it's the first to feature the Warrens themselves as characters (played by Vera Farmiga and Patrick Wilson). Here's what we learned from the engaging and energetic 86-year-old Lorraine Warren.

## The film really is based on true events

In the movie? Almost anything that they use (is true). They didn't go off-track that much, and they always let me hear what they were doing. They would phone me and let me know. Most of it, yeah, it's really true.

## She's now a big Vera Farmiga fan

(Vera and Patrick) came to our home in Connecticut to talk with us. My daughter happened to be visiting, and even my daughter said — and she would not if it wasn't true — she said, "Mom, that girl actually really knows who you are." Never met her before. I was really impressed by her, and I still am. She's a very down-to-earth girl.

## She knows how to deal with skeptics

What I always ask them about is if they believe in God. You can reach people that way, to know them as a person. If you don't believe in God, how can you believe in anything supernatural? If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it, that way.

## She's confident there will be a sequel

If this is a big hit — and it sure is showing signs



Vera Farmiga, right, plays Lorraine Warren in *The Conjuring*. THE ASSOCIATED PRESS

## Quoted

**"If you believe in God, no matter what your religion is, then you have to believe in something like this. That's the best way for me to put it."**

Lorraine Warren

of it — yes. And Vera and Patrick, I want them (to return). I think it's going to happen, honey. You know the Annabelle doll, the one that's portrayed in the beginning of the movie? I'm almost positive that they're going to be doing (another movie), and I think the Annabelle doll should be the next one. I'll never forget coming home with that doll in the back seat of the car. Ed stopped two or three times and he would cast out with holy water

the back door of the car, make a sign of the cross with the holy water and command it to leave in the name of God. We got back in the car, and we were lucky enough to get home.

This Catholic priest had called me up because he wanted to come and bless the doll. I'll tell you that night, when the priest was going home he called and he said, "I was almost killed."

He said he saw the image of the doll in the rearview mirror and totalled his car.

# Indigo bestsellers

NOW  
40%  
OFF

Our Top 20 are NOW 40% off. In-store. Every day.



## 1. THE OCEAN AT THE END OF THE LANE

Neil Gaiman

A moving story of memory, magic and survival from the masterful Neil Gaiman. *The Ocean at the End of the Lane* is told with a rare understanding of all that makes us human and shows the power of stories to reveal and shelter us from darkness, inside and out.

Last Week: 1 / Weeks on List: 5



## 2. INFERNO

Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpiece — Dante's *Inferno*.

Last Week: 2 / Weeks on List: 8

This Week

Last Week Weeks on List

3. THE EYE OF GOD James Rollins	3	4
★ 4. THE SECRET KEEPER Kate Morton	-	1
★ 5. THE ENGLISH GIRL Daniel Silva	-	1
★ 6. FIRST SIGHT Danielle Steel	-	1
7. SILVER STAR Jeannette Walls	7	6
8. THE FIRE WITNESS Lars Kepler	8	6
9. BEAUTIFUL DAY Elin Hilderbrand	9	4
10. ZERO HOUR Clive Cussler	10	8
11. THE SECRET RACE Tyler Hamilton	11	5
12. SECOND HONEYMOON James Patterson	6	3
13. THE KILL ROOM Jeffery Deaver	13	7
14. REVENGE WEARS PRADA Lauren Weisberger	5	7
15. TRANSATLANTIC Colum McCann	15	7
16. WILD Cheryl Strayed	16	16
17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris	17	13
18. FLIGHT OF THE EAGLE Conrad Black	12	9
19. BEST KEPT SECRET Jeffrey Archer	19	12
20. THE GREAT DEGENERATION Niall Ferguson	4	5

Combined Fiction and Non-Fiction Bestsellers for the week, ending July 22<sup>nd</sup>

★ New this week

Indigo

Chapters

Coles

Connect with us [f](#) [t](#) [p](#) [in](#) /chaptersindigo

\*IN-STORE 40% discount applies to in-stock books featured on Indigo's Top 20 English Bestseller list at time of purchase in-store at Indigo, Chapters or Coles locations. Bestseller list is determined by Indigo and gets updated regularly. Not valid in conjunction with any other offer or promotion excluding everyday rewards discount and cannot be used to adjust amount paid on previous purchases. Online 50% discount applies to rewards and plum rewards members - 45% off for non-members on Top 50 Online Bestsellers as selected by Indigo.ca. Offers may change or end at any time without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Online Bestsellers. Top 50 are 50% off at **indigo.ca**

# New medium, familiar ground for Jeff Foxworthy

**TV.** The 'redneck Ryan Seacrest' was initially leery of doing an animated series

You might be a redneck if you love Jeff Foxworthy, but it's certainly not a prerequisite — after all, he is the highest-sell-

ing comedy-recording artist in history, famed for lampooning some southerners for their cartoonish ways.

Now, he and some members of his Blue Collar comedy troupe are back with a new series. But this time, they're all cartoons. Wednesday marks the premiere of *Bounty Hunters*, a charmingly animated series about three friends' hijinks

running a small-time fugitive-tracking operation, a satirical nod to *Dog the Bounty Hunter*.

But when the series was pitched to him a few years ago when he was in the throes of hosting the Game Show Network's *American Bible Challenge* and CBS's *American Baking Competition* — he says he was "kinda like the redneck Ryan Seacrest" — Foxworthy was leery of doing an animated series.

"It wasn't something I was actively seeking out," he says from his home in Georgia. "My concern was that it wouldn't be funny. I'd kind of gone through that in the '90s, with a sitcom (*The Jeff Foxworthy Show*).... But they wrote two or three scripts, and I went, 'Oh wow, not only have they captured our voice, they've captured our dynamic with each other.'"

That dynamic has been the core of his group of comedians, which include Foxworthy's *Bounty Hunters* co-stars Bill Engvall and Larry the Cable Guy, over decades of professional collaboration and even more years of simple friendship.

It's been so long, Foxworthy

says, that working together has become a labour of comfort, comparing their affability and affection for each other with *The Carol Burnett Show*.

"My favourite moments on that show when I was a kid was when they were making each other laugh. You could tell that they loved each other ... and when I think of us as a group, that's where my mind goes," he says.

"You have that kind of trust factor with them. It's not like one person's trying to fight the other two for other laughs.... I remember when we went out (on the 'Them Idiots' tour), and it was like putting on your favourite pair of shoes."

Foxworthy has also enjoyed collaborating with showrunner Eric Horsted, whose southern-sensibility bona fides include executive producing on *Reba* and *Home Improvement* and who is a known quantity in the animated comedy field, with credits for Adult Swim's *The Boondocks* and Comedy Central's *Futurama*.

"That's kind of the key to a great director, that 'Hey, I've got an idea and a vision, but



Jeff Foxworthy EVAN AGOSTINI/THE ASSOCIATED PRESS

I'm not married to it if we find something better in the process."

The medium has provided myriad challenges, though, including with his voice, for which he's taken tips from Horsted.

"Comedically, when I'm doing stand-up, I'm pretty physical — I'll fall on the floor or act things out," he says. "Now you have to sell it with your voice.

It's gotta be a little more over-the-top."

He adds that the biggest obstacle has been a lack of an immediate response, something he's used to as a stand-up comedian. "(In animation) you don't even know if it's good or not, because you don't get that feedback. It's what drives stand-ups, you crave that instant feedback."

THE CANADIAN PRESS

**Schwab** **CERTIFIED PRE-OWNED**  
CHEVROLET BUICK GMC

**2008 FORD F-150 FX4**  
#U5768

**\$19,395**

**V6 FLEX FUEL 5.4L**

**780.986.2277 • 1.866.986.2276**  
6503 Sparrow Drive, Leduc, AB  
**www.schwabs.ca**

Vehicle may not be exactly as illustrated. Price is plus GST. See dealer for details.

# Seven nominations — bam!

**Canadian Country Music Awards.** Gord Bamford leads the pack early on at the CCMA's

With seven nominations, Gord Bamford has taken the early lead at this year's Canadian Country Music Association awards — but for the 37-year-old, who has taken home hardware four of the last five years, this is certainly not old hat.

"No, it never gets boring — it gets a little nerve-racking," says the Alberta singer, up for categories including album of the year, songwriter of the year and the fans' choice award.

"The Canadian music industry is so great, the country music industry is so competitive with so many great new bands, you've always got to be at the top of your game, and hopefully it pans out."

The nominations were announced Wednesday, and for a second straight year,



Gord Bamford poses at the Horseshoe Tavern in Toronto.

NATHAN DENETTE/THE CANADIAN PRESS

Bamford will go toe-to-toe with Nova Scotia-based Dean Brody, who has five nominations of his own.

"I just try to keep it real simple, and keep doing what Gord Bamford does well," says Bamford, about his secrets to his enduring success. "If it ain't broke, don't fix it."

The two are just a few of the 130 artists and groups up for the Canadian country music industry's most vaunted prizes, including veteran

songbird Michelle Wright for female artist of the year, platinum recording artist Terri Clark for video of the year and Scotland-born Johnny Reid for fans' choice.

"(Canadian country music) is stronger than ever," says Bamford. "People should start paying a little more attention, because we've got such a great industry here, and such a great opportunity to play music."

Among the first-time nom-

inees feeding the industry-wide competition Bamford sees is Autumn Hill, one of 29 other artists or groups making their CCMA debut. The band, composed of Calgary's Tareya Green and Toronto's Mike Robins, could barely contain laughter and wide smiles about being nominated for the rising star award.

"It's kind of the top, just to be in the company of such amazing artists," says Green. "(Robins) was saying earlier, being accepted into the group and fabric of country music, it's incredible."

"We're on a 10 right now," added Robins.

Autumn Hill were also announced as one of the performers for the show, which airs on Sept. 28. The pair will join Grammy-nominated Tennessee troupe the Band Perry and circuit veterans Emerson Drive, among other performers yet to be revealed.

For their part, Emerson Drive members are more philosophical about the honour.

"Obviously to get nomina-

**Schwab** **CERTIFIED PRE-OWNED**  
CHEVROLET BUICK GMC

**2006 FORD F-150 FX4**  
#U5773

**\$15,988**

**AUTOMATIC, GREAT CONDITION**

**780.986.2277 • 1.866.986.2276**  
6503 Sparrow Drive, Leduc, AB  
**www.schwabs.ca**

Vehicle may not be exactly as illustrated. Price is plus GST. See dealer for details.

tions helps your career, winning helps your career, we've been fortunate we've won a few," says lead singer Brad Manes. "We're a road band though — it doesn't matter whether we win or lose, we're back on the road playing for fans who have supported our career from day one."

The ceremony will be broadcast on CBC-TV at 6 p.m. local time with encore performances later that night on Country Music Television.

THE CANADIAN PRESS

## Bringing positivity

The CCMA's will be held at Rexall Place in Edmonton — not too far from the floods that devastated huge swaths of the area around Calgary. The musicians hope the award show helps bring some needed positivity.

- "Albertans will really come together," Bamford says.

# Still bringing down the House, 35 years later

**Of tributes and togas.** Animal House producer tells today's comedy-creators to make sure their flicks are 'redeemably funny'

When making a rowdy comedy, just make sure it's redeemably funny.

So goes the mantra of producer Matty Simmons, the co-founder of National Lampoon who also helped guide National Lampoon's Animal House to the big screen.

The 1978 frat comedy celebrates its 35th anniversary with a tribute at Toronto's TIFF Bell Lightbox on Thursday, where Simmons, director John Landis and Canadian producer Ivan Reitman will reunite to discuss the making of a comedy classic.

Ahead of the tribute, the 86-year-old Simmons chatted from Los Angeles about the film's rocky beginnings, its

wild off-campus parties and the irredeemable humour of today.

**This is yet another milestone for Animal House. What do you think of the tribute?**

We've had so many anniversaries, it's been so long. It's an amazing movie because the lifespan of the movie has been unprecedented — there's almost no movie ever that's had the longevity of this movie. It still makes millions of dollars a year, it grosses millions of dollars a year in video and cable and foreign (sales), theatrical and everything else.

**It was an iconic role for John Belushi. What was your personal relationship with him like?**

He was like a son to me. I remember the day he died — what was that ABC news program that went on at night with Ted Koppel? (Nightline) — they called me and asked me if I would be on the show the night he died and I just couldn't handle it. I said, "No,

no, I want to be alone." He was a sweet guy, he was just a lovely guy. I mean, I know he had all his faults and was into drugs and booze and everything else but he was just a good guy. And an incredible talent.

**Was there any of that boozing and drugging on the set of Animal House?**

Not by John as much because he was there with his wife but at night there was.... The nights of the shoot the rest of the Deltas had rooms at the local inn and there would be parties every night.... It was mostly in Bruce McGill's room, his room was party central.... One day one of the professors from the University of Oregon dropped by,

took off his boots, sat back and drank some beer. When he got up to leave, someone had nailed his boots to the floor.

**What do you think of today's comedies?**

Today they do more on TV than in those days in movies.... The problem is they use obscenity and sex as a gim-

mick to get laughs without the joke and that bothers me. I had a rule at the Lampoon — you can say anything you want to say as long as it's redeemably funny. But most of the humour today I don't find redeemably funny.... It's just not up to par. But that's an old man lamenting.

**THIS INTERVIEW HAS BEEN EDITED AND CONDENSED. THE CANADIAN PRESS**



Jim Belushi gets his party on in *Animal House*. HANDOUT

## SNL overload?

**Was Chevy Chase supposed to star in Animal House?**

- Simmons: Chevy had scored big on Saturday Night Live when we put Animal House together and he wanted to play Boon. And I really didn't want (him) to do it because John Belushi came from Saturday Night Live and I figured if Belushi came and Chase came,

everybody would think this was a Saturday Night Live movie and I wanted to be a National Lampoon movie. (Chevy) had another offer to be the star of Foul Play and we said "Look, you're a star there, you're getting five times as much money. You don't want to be in an ensemble movie." So he passed on Animal House. ... And it worked out fine."

## Peace-of-mind comes standard.

Every Certified Mercedes-Benz comes with a standard Star-Certified warranty.

Mercedes-Benz  
**CERTIFIED**

Certified. Affordable. Luxury.™



When you purchase a Certified Pre-Owned vehicle, you're getting all the engineering excellence and luxury you expect in a Mercedes-Benz. Plus:

- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

To take advantage of this offer and for full details, visit [davidmorrisfinecars.com](http://davidmorrisfinecars.com).

0.9%\*  
for  
24 months



2012 C300 4matic™, \$39,999.

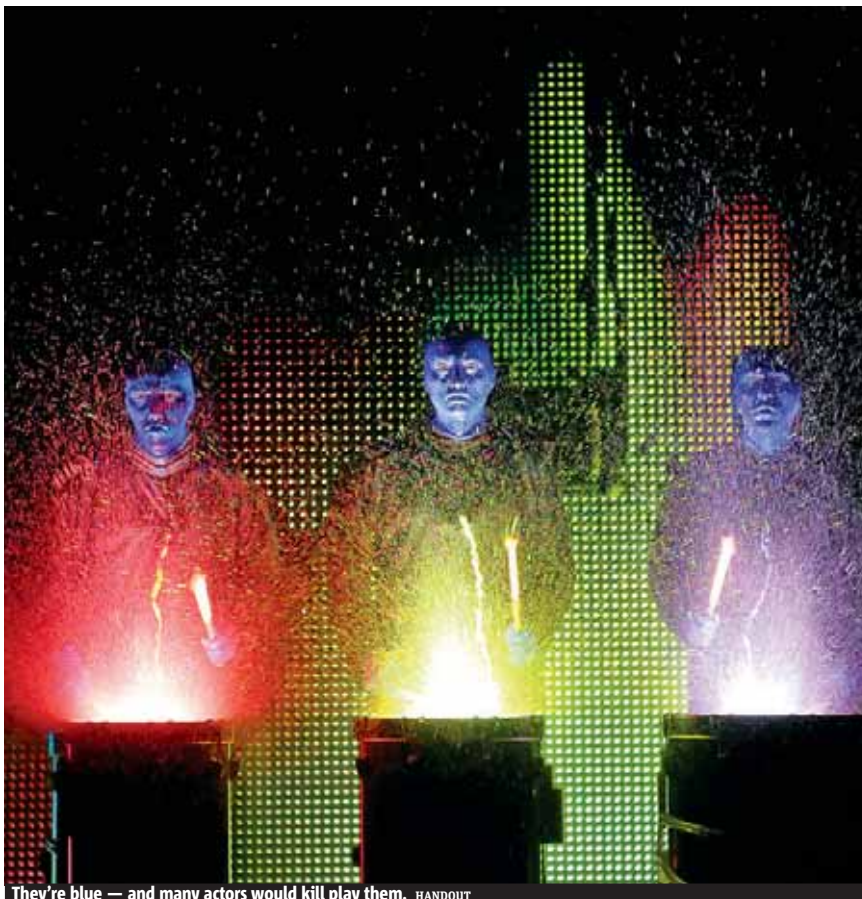
Stock # shown P12-9766

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, [davidmorrisfinecars.com](http://davidmorrisfinecars.com)

Mercedes-Benz STAR DEALER



© 2013 Mercedes-Benz Canada Inc. \*0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 24 month finance on model year 2009-2011 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2009 model: \$25,000 at 0.9% per annum equals \$1051.46 per month for 24 months. Cost of borrowing is \$235.05 for a total obligation of \$25,235.05. Down payment may be required. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end July 31st, 2013.



They're blue — and many actors would kill play them. HANDOUT

# How to blue yourself: The audition process

## Blue Man Group.

Sixty actors play tall, bald and blue all over the world

Patrick Poulin alternates between sitting and standing in the lobby of Chicago's Briar Street Theatre, nervously flipping back and forth through the pages of his application to join the Blue Man Group.

"Anything that keeps me performing would be a blessing ... If I can be on stage making people laugh or entertained, it would be a dream," said Poulin.

Blue Man Group started with three friends in New York more than two decades ago and has grown from an off-Broadway show. A tour will soon take Blue Men to stops all over the U.S. And international versions of the percussive show — with its three tall, bald, blue actors — are going to Australia,

Brazil and Germany.

About 60 actors play Blue Men around the world and producers are always looking for new performers. This summer they hosted the Chicago audition. The dozens who joined Poulin on the first day showcased their acting abilities and drumming experience, if any, with the Blue Man Group's music director.

Poulin admitted he's rarely done any drumming. Lucky for him, it turns out that while the skill is a major part of Blue Man Group productions, actually being a good drummer isn't crucial for auditions.

"It's really about the character coming out through drumming," said Jeff Quay, who is associate music director for Blue Man Group.

Blue Man Group staff members give the applicants an initial grade. While about 77 hopefuls showed up for open casting in Chicago, less than half made it to call-backs the next day, including Poulin.

## On being Blue

- **Learning the role.** Once chosen, depending on their skill level, new members will have to learn the drumming for the show as well as the acting. Quay said this process can take months.
- **An anonymous existence.** Members of the group are rarely known by their name, because they act as a group and are dressed exactly the same in black clothing and trademark blue makeup.

But the outcome of the final audition process is still unclear. Poulin, who says he would move anywhere for the group if given the opportunity.

"Totally, totally," he said. "My lease ends at the end of September, so I'm ready."

THE ASSOCIATED PRESS

**SALE**  
JULY 18 - 21

Call the Kettle Black

High Street Riverbend

www.callthekettleblack.com

She's going from straight A's to getting her first F.

**The To Do List**  
IN THEATRES JULY 26<sup>th</sup>

You could **WIN**

a pass for two to see a special advance screening for the historical summer comedy

**The To Do List**

VISIT clubmetro.com TO ENTER

e one entertainmentone

CRS FILMS

facebook.com/ClubMetro Toronto twitter.com/ClubMetro youtube.com/ClubMetro

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.co



Justin Timberlake has been nominated for six MTV VMAs. THE ASSOCIATED PRESS

## Justin Timberlake dusts off his Suit & Tie for the VMAs

### Nominations.

Timberlake, Macklemore & Ryan Lewis lead pack in nods

The man in the suit and tie and the duo who buys clothes at thrift shops are the leaders at this year's MTV Video Music Awards.

MTV announced Wednesday that Justin Timberlake and Macklemore & Ryan Lewis have six nominations each. Bruno Mars has four nominations. Timberlake's *Mirrors*, Macklemore & Ryan Lewis' *Thrift Shop* and Mars' *Locked Out of Heaven* will battle Robin Thicke's *Blurred Lines* and Taylor Swift's *I Knew You Were Trouble* for video of the year. Timberlake's *Mirrors* and *Suit & Tie* are up

### Watch it

- **Airing live.** The VMAs will take place on Aug. 25 at Brooklyn's Barclays Center.

for best male video, pop video and collaboration, among others. THE ASSOCIATED PRESS



### RACING NEVER GOES OUT OF STYLE.

Edmonton's most exciting patio party is the place where the thoroughbreds race to the DJ's beat. Food, fun, games, thrills and drinks—this is where the action is.

Friday Nights starting at 6 pm  
June 7–August 30

Northlands  
**PARK**  
northlandspark.ca



## THE FINAL SOOKIE STACKHOUSE NOVEL HAS ARRIVED

Thirteen years, countless mysteries,  
and plenty of heartache later,  
the book fans have been waiting for ...

## WIN A SOOKIE STACKHOUSE PRIZE PACK

Including **True Blood® Season 5 DVD.**

No purchase necessary. Terms & conditions apply.  
For full contest details and conditions, visit [clubmetro.com](http://clubmetro.com)

THE NEW  
SEASON OF **TRUE BLOOD**  
SUNDAYS  
AT 9:00 PM **HBO CANADA**

HBO Canada™ and its associated logos are service marks of Home Box Office, Inc. Used under license.



# A little fun turned into a book deal

**@DadBoner.** The comedian behind Twitter's favourite American dad talks about the origins of his schtick

DOROTHY ROBINSON

Metro World News in New York

Karl Welzein, a.k.a. @DadBoner, loves Maui Jim's sunglasses, Guy Fieri, Bob Seger concerts and heading out to "Cold One City."

"Really lookin' forward to the weekend, you guys," he tweets weekly.

The Grand Blanc, Mich., native (and his hapless hijinks) are so beloved on Twitter, he's garnered close to 150,000 fol-

lowers. Mike Burns, the recently outed comedian behind the feed and author of the new book *Power Moves*, explains to us how "there's a little bit of Karl Welzein in all of us."

**@DadBoner is one of the most popular Twitter personalities. Did you ever expect this success?** I absolutely did not. But it's so much fun how people love Karl Welzein as much, if not more, than I do.

**How did the name @DadBoner come about?**

The character was constantly talking about things that give dads "boners." Like a new Calloway driver, or getting two appetizers at Applebee's, or some new Wrangler jeans just like Brett Favre advertises. Also, the word "dadboner" is hilarious, and I'm childish and

I'm a 12-year-old. "Karl" and "Welzein" are the first and last names of my two best friends from Michigan.

**Why would someone buy *Power Moves* and not just read your Twitter?**

The book is written in long-form — the way it was intended to be — as Karl Welzein's journal. ... I thought it was hilarious to have a fake person who only lived on the Internet get a real book published under his name, and now, you can physically hold it in your hands in real life.

It's so surreal to me. That fake guy you laughed at for the past three years is now a published author. It gives a whole other level to the story, having him deal with his own fake reality. It makes my brain hurt, in a good way.



Karl Welzein loves Chili's and drinkin' cold ones. HANDOUT

## Top @DadBoner tweets

- Told work I gotta split for a business appointment. 'Cause drinkin' cold ones is my business, and business is good ...
- My workout routine: 1. Look at a pic of Stone Cold Steve Austin. 2. Do 'shups 'til you look like the Rattlesnake. 3. Cut off your sleeves.
- If you think it's "uncool" to love America, why don't you go see how "cool" it is to live in a country that doesn't have toilets or pizza.
- Change in your pocket, domestio cans on ice, your team on top, arms on swell, a jam on the radio, and babes in the night. The American Dream.
- When you call the Suicide Hotline, they should just say, "Slow down, corncob. Have you tried Chili's? What's your problem?"

GS-SKY model shown

**+ GET UP TO \$1,000 DEALER SIGNING BONUS\* ON SELECT MAZDA3 MODELS!**

## 2013 MAZDA3 GX

**BI-WEEKLY FINANCE OFFER**

**\$98<sup>+</sup> AT 0% APR WITH \$0 DOWN**

FOR 84 MONTHS / ON FINANCE PRICE FROM \$17,865.

**IT'S LIKE DRIVING A MAZDA3 FOR \$7 A DAY WITH \$0 DOWN**

\*Dealer signing bonus available on retail purchase/finance/lease of new, in-stock 2013 Mazda3 from July 3-31, 2013. Bonus amounts vary by model. Bonus applied before taxes as a credit to the sales/lease contract. No cash surrender value. †0% APR purchase financing for 84 months available on all new 2013 Mazda3. Using a finance price of \$17,865 for 2013 Mazda3 GX (D4XS53AA00) at a rate of 0% APR, the cost of borrowing for an 84-month term is \$0, bi-weekly payment is \$98, total finance obligation is \$17,865. All prices include block heater and freight & PDI of \$1,695. PPSA, licence, insurance, taxes, down payment and other dealer charges are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer trade may be necessary. Lease and Finance on approved credit for qualified customers only. Offers valid July 3-31, 2013 while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details.

# Netflix's house of cards are refusing to topple

**Emmy Awards.** House of Cards and Arrested Development may become first online series to take big TV nominations

If Netflix's House of Cards and Arrested Development on Thursday become the first online contenders to nab top Emmy nominations, it will be a breakthrough moment for shows making a splash without the aid of a TV set.

If not, it's just a matter of time before the inevitable happens. The video universe that once meant broadcast television, then added cable and

satellite, has splintered again to encompass websites including YouTube and streaming services including Netflix and Amazon.

The expansion was recognized in 2008 by the Academy of Television Arts & Sciences with a rules change that added the Internet as an eligible Emmy platform. As with broadcast networks and other video distributors, programs must reach more than half of the U.S. audience to make the cut.

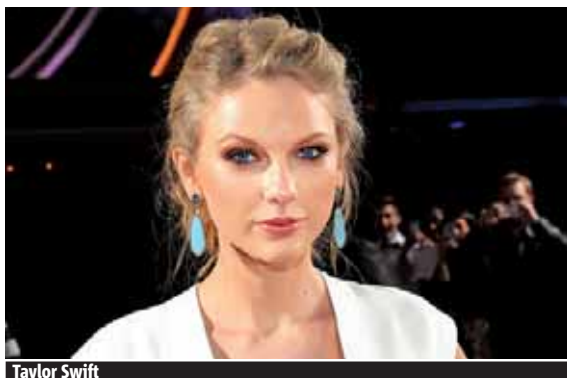
When the Emmy nods are announced early Thursday, a fair number of pundits say clever political drama House of Cards and Arrested Development, the offbeat sitcom resurrected by Netflix after it was dumped by Fox, will be in the awards hunt.

The series are tagged for possible top drama and comedy bids, with House of Cards stars Kevin Spacey and Robin Wright and Arrested Development cast members including Jason Bateman, Jeffrey Tambor and Jessica Walter seen as contenders for acting nominations.

There have been Internet nominees before, such as last year's Web Therapy and 30 Rock: The Webisodes in a short-format category, but not in the premier fields of acting and best series. Online shows competing with Emmy champs Breaking Bad and Modern Family will be the 21st-century version of the watershed 1990s showings by HBO's The Larry Sanders Show, The Sopranos and Sex and the City in those high-gloss categories. **THE ASSOCIATED PRESS**



Arrested Development was resurrected by Netflix after being dumped by Fox and may be in the Emmy hunt. HANDOUT



Taylor Swift

## Radio — making creepy men's dreams come true

A Boston radio station is learning the hard way that online contests for Taylor Swift fans can be tempting targets for Internet pranksters. Boston's Kiss 108 is holding a competition to find Swift's number one fan and give him or her a chance to meet the country star, but right now 39-year-old "Charles Z." is in the lead, thanks to his friends at the anonymous message board site 4chan. "My creepy 39-year-old friend named Charles

would like to crush all those girls' dreams, and then sniff Taylor Swift's hair because he's into that," an anonymous supporter wrote on the site. "Help him crush the dreams of these girls and give him a chance to make a complete ass of himself by blatantly just sniffing her hair with cameras rolling." When word went out on 4chan about the contest, Charles jumped from 25th place to first place in less than 24 hours.



Kate Middleton and Prince William

## Not everyone excited about the new Royal arrival

It turns out not everyone in the Royal family is preoccupied with the impending arrival of Kate Middleton and Prince William's first child. Margaret Rhodes, the Queen's first cousin,

tells CNN that she's "not terribly" excited about the birth. "Everybody has babies and it's lovely," the 88-year-old says. "But I don't get wildly excited about it."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Cranston says he very nearly had a dark Walter moment

MELISSA TUBB  
Metro World News in New York City

Playing a character like Walter White on *Breaking Bad* means facing your darkest impulses. And even a genuinely nice guy like Bryan Cranston — who plays Walter — has had some nasty moments in his life. He once fantasized about killing an abusive ex-girlfriend who

was stalking him. "My apartment had a brick wall on one side, and I envisioned opening the door, grabbing her by the hair, dragging her inside, and shoving her head into that brick wall until brain matter was dripping down the sides of it," Brian told GQ. "Then I shuddered and realized how clearly I saw that happening. And I called the police because I was so afraid. I was temporarily insane — capable of doing tremendous damage to her and to myself." Gross! Still, good for Bryan for having the sense to call the police. Walter White would have just killed that girl and her entire family.



Johnny Depp ALL IMAGES GETTY

## Have you Heard who had a day out with Depp's kids?

Johnny Depp reached a major milestone in his relationship with Amber Heard this week: taking a trip with the kids. Heard accompanied Depp along with his 14-year-old daughter, Lily Rose, and his 11-year-old son, Jack, on

a trip to Tokyo to promote *The Lone Ranger*, according to *Us Weekly*. It's a big step for the couple, who have reportedly been dating since Depp split from longtime partner Vanessa Paradis.

### Twitter



@JuddApatow  
Stress is a great funk remover.



@AlbertBrooks  
Maybe I'm old fashioned but putting the Boston bomber on the cover of *Rolling Stone* is a terrible idea.



@Sethrogen  
You know what's awesome about falling off your bike and breaking your elbow? Not a f—in' thing.

Spend  
**YOUR  
POINTS  
EVENT!**

SATURDAY, JULY 20 & SUNDAY, JULY 21

SPEND  
50,000 POINTS  
AND GET UP TO  
**\$100 OFF\***

THAT'S  
AN EXTRA  
**\$15**

SPEND  
95,000 POINTS  
AND GET UP TO  
**\$200 OFF\***

THAT'S  
AN EXTRA  
**\$30**

**FREE**  
feels good  
Optimum

Visit [shoppersdrugmart.ca](http://shoppersdrugmart.ca) or the store nearest you for details.

\*Some conditions may apply. See store for details.

Offer valid Saturday, July 20 & Sunday, July 21, 2013 only.

**SHOPPERS  
DRUG MART**



# Resort to shopping in this time of transition

## Clothed in confusion?

Despite the label it looks like you don't need a passport to get into resortwear — just an insatiable desire for new wearables

KATHRYN  
GILBERT  
Metro World News

Resort, it's that increasingly vague season of clothes that's currently in stores. And the runway shows for next year's resort season recently wrapped up in June. But what does resort mean? As the fashion world's transitional moment gets bigger and bigger, its purpose grows increasingly murky.

Designers initially intended the resort season to address a woman's summer holiday wardrobe needs. But does Rok-sanda Ilincic actually expect us to wear her voluminous coats poolside? Will Lanvin's jewel-encrusted dresses fit in our luggage?

Let's start with what's pretty clear: resort is all about the money. Helen Davis, head of womenswear at Harrods in London describes it as the "most commercial delivery we buy into, as it is on the floor at full price for over six months and therefore drives the business". Resort also tends to have fewer bells and whistles. As Davis points out, the collections include "good transitional pieces and classic styles," making

resort purchases solid investments. They're also cheaper than seasonal collections: "The runway shows showcase the best a designer has to offer and the most wow pieces of the season, therefore, the top price point for show collection pieces usually well exceeds the top price point of pre-collection pieces."

But don't you need to buy a ticket to St. Barths to wear your reasonably priced resort wardrobe? Well, it turns out the name is a bit of a red herring. Because while it was once destined for monogrammed luggage flying out to far-off lands, now the season is about fulfilling shoppers's desires for something new. Davis points out that brands are increasingly "introducing a pre-collection offering, to ensure there's constant newness on the floor."

ROKSANDA  
ILINCIC



Transitional collections such as the ones pictured (all resort 2014) are growing in importance.



Chanel



JW Anderson

**84<sup>th</sup> Canadian Derby**  
Northlands Park • Edmonton, Alberta  
August 17, 2013



Northlands  
**PARK**

## WESTERN CANADA'S BIGGEST THOROUGHBRED RACE

Catch all the excitement from our infield or dine track-side in Colours Restaurant.

**Hospitality packages on sale now!**  
Go to [northlandspark.ca](http://northlandspark.ca) for details.



**Trends Report**

- Trends Report's Canadian By Design discovers up-and-coming talent in the Canadian fashion scene. This week, meet Minling — a Toronto-based designer and stylist whose new line of eye-catching clutches will surely make you the centre of attention at any soirée.



metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

# Mr. Hare cobbles a career

## Fashion by the foot.

The dreadlocked designer chats Frank Ocean, getting laid and why he makes shoes for dancing

**RICHARD PECKETT**  
Metro World News

The old adage, "The shoe makes the man," couldn't ring more true for Marc Hare. In 2008, the designer lost his job in fashion marketing and went on to create, in his words, "shoes for every moment." He designs for sybarites and socialites — men with a touch of the playboy about them. Not dissimilar from Hare, really, who has a passion for the sun and surfing. In fact, the 42-year-old describes himself as a "lazy person" but for a man who alludes to being a beach bum, he gets a lot done.

**You've got an old leg and foot injury. Do you design shoes**



Hare has steadily expanded his global footprint from having his shoes stocked on just one website, to global shipping at mrhare.com, to opening his first brick and mortar store in September last year. HANDOUT

### for your own comfort?

I did design them around me but our most comfortable shoes are just that comfortable on everybody. It's well known that I just love holidays and being in hot places; a lot of my shoes are made for hot weather countries in the Mediterranean or on the equator.

**Do you take back inspiration from any of those countries?**

Always, because you come back with colours, shapes, even the attitude of that country. I'm half English and half Jamaican and I think it has a massive effect on the shoes I design and what I think is the basic shoe opposed to what the German industry thinks is a basic shoe.

### What's your go-to shoe?

I haven't got one; I have a basic

collection.

**There are some pretty outlandish men's shoes out there at the moment, with Jimmy Choo and Christian Louboutin going down a flamboyant route. Would you ever embellish your shoes in the same way?**

It's a different kind of thing to do what I do but never say never. Those people have been making shoes for a long time and they put things into their shoes that I don't even know yet. I'm just blown away by the technical aspects.

**You once mentioned that you rarely give shoes away to celebrities. Have you changed your attitude about that? And**

**if so, which celebrities make the cut?**

Not unless I have — it's quite personal. If I'm inspired by what you do and if what you do raises my daily game then you can have some shoes. Like Tom Hardy — what a genius actor. Any time of day he can have them. Actually, Frank Ocean would be about my ultimate person to see in my shoes. He has a pair but I've just never seen him in them.

**Women are said to judge a man by his shoes, so will your shoes help get a man laid?**

It'll help but it's not a done deal. If you're a dick in my shoes, you're still a dick.

### Mr. Hare by the numbers

Hasn't shaved since he was 19 — he's now 42.

He's been growing his hair since he was 17.

Sold 300 pairs in 2008, compared to 7,000 this year.



**SOME THINGS SHOULD NEVER BE FOR SALE.**



JOIN THE FIGHT AGAINST CHILD SLAVERY AT [NOCHILDFORSALE.CA](http://NOCHILDFORSALE.CA)

#nochildforsale

**World Vision**

For Children. For Change. For Life.

# Wrap it in raspberry: This leather forecast calls for natural, tasty treats

What does a child's snack have in common with a \$300-a-head meal at a three-Michelin-star restaurant? These days, both frequently include an edible leather: a purée of fruit (or, in the case of the restaurant, more often of a vegetable, such as tomato or onion) spread thin and dehydrated until it becomes stretchy.

Commercial fruit leathers roll out of factories by the yard, and those served at high-priced restaurants are prepared by expert chefs, so you might think that such a modern creation is beyond the means of the home

## Ingredients

- 2 cups (300 grams) raspberries
- 1 tablespoon (12 millilitres) cooking oil
- 1/4 cup (45 grams) sugar
- 0.6 grams (3/16 teaspoon) xanthan gum

cook. But it's actually amazingly quick and easy to make an all-natural fruit leather that is a tasty, healthy and portable snack.

And you can use the same technique to create savoury vegetable leathers that add interesting, modern touches to traditional dishes.

All you need to make your own leather is a blender, an oven and about 20 minutes of prep time. Edible leathers do need one to three hours to dehydrate — the thicker the layer of purée, the longer it takes to dry — but you can do other things while they sit in the oven. For these recipes, timing is not critical.

**Start to finish: 2 hours**  
**Servings: 4**

1. Arrange an 11-by-17-inch non-stick silicone mat on a rimmed baking sheet. Heat a food dehydrator to 150 F, or set your oven to its lowest temperature.

2. Combine all ingredients in a blender, then puree until thoroughly blended, at least 30 seconds. Working quickly, pour the purée onto the mat and use an offset spatula or other long, flat utensil to spread it into an even layer 1/16 inch thick. If the purée sits too long in the blender it may set into a custard-like gel; if that happens, blend it again until it becomes fluid enough that you can spread it easily across the mat.

3. Place the baking sheet in the dehydrator or oven, and dry until leathery and tacky to the touch. A drying time of 1-1/2 to 2 hours is typical, but the time required can vary considerably depending on the thickness and wetness of the purée layer, the temperature of the chamber and the humidity of the air. Use the convection setting on your oven if one is available.

## Sweet Raspberry Leather



The finished product is a versatile, tasty treat. AP PHOTO

4. When the leather is done, peel it gently from the mat, and use scissors to trim it to individual serving sizes; for use as a garnish, cut it into long, thin

strips. To store the leather pieces, roll them individually in waxed paper and then in plastic wrap. The leather will keep for a week when packaged this way.

THE ASSOCIATED PRESS

## For your phone

## Annabel's essential guide to feeding your baby



## MIND THE APP

Kris Abel  
@RealKrisAbel  
life@metronews.ca

## iPhone/iPad

**Price: \$5.99**  
Annabel Karmel's cookbook for mothers combines 200 step-by-step recipes with a weekly planner and instructional video guide. Organized by age, there's nutritional purées for babies and soft pastas for toddlers.



# Fibre-filled Choco-Banana bread bites



Choco-Banana Bread Bites. NEWS CANADA

Choco-Banana Bread Bites gives you two grams of fibre per serving and baking is a terrific activity to engage the whole family — everyone has a role and can enjoy the finished product.

**Prep time: 15 minutes; Baking time: 15 minutes**

**Makes: about 36 cookies**  
**Serving size: 2 cookies**

1. Preheat oven to 350 F (180 C). Line baking sheets with parchment paper.

2. Combine evaporated milk and vinegar in a medium bowl. Stir well (mixture will

thicken). Add bananas and baking soda to the evaporated milk mixture. Whisk egg, brown sugar, oil and vanilla in a separate large bowl. Stir in flour and baking powder.

3. Add banana mixture and stir until mixture is well combined. Add chocolate chips if using. Drop 2 tbsp (30 ml) dough on prepared baking sheets, about 2 inches (5 cm) apart. Place banana chip on top of each cookie. Bake in preheated oven 13 to 15 minutes until the edges are lightly browned.

4. Cool cookies on baking sheets for 5 minutes. Transfer cookies to cooling rack. Store cookies loosely covered or in the freezer. NEWS CANADA

## Ingredients

- 3/4 cup (175 ml) Carnation Fat-Free Evaporated Milk
- 2 tbsp (30 ml) vinegar
- 1 cup (250 ml) ripe mashed bananas (2-3 medium)
- 1 banana, sliced (1/4 inch/5 mm) and quartered (about 2/3 cup/150 ml)
- 1 tsp (5 ml) baking soda
- 1 egg
- 3/4 cup (175 ml) packed brown sugar
- 1/4 cup (50 ml) Crisco canola or vegetable oil
- 1 tsp (5 ml) vanilla extract
- 2 1/2 cups (625 ml) Robin Hood Nutri Flour Blend Tastes Like White
- 1 tsp (5 ml) baking powder
- 1/3 cup (75 ml) semi-sweet chocolate and banana chips.

Today's HOTTEST Deal At  
**DENNY ANDREWS FORD**



Prices plus applicable taxes & fees. See dealer for details.

**780.489.9999**

OR PHONE DIRECT:  
**780.930.3156**

**18208 - STONY PLAIN ROAD**

VIEW ALL OUR INVENTORY @  
**WWW.DENNYANDREWSFORDSALES.CA**

OPEN MONDAY - THURSDAY 9 TO 9, FRIDAY 9 TO 7,  
SATURDAY 9 TO 6, SUNDAY 11 TO 5



# Blackberry Smash Pink Lemonade Pops. Very cool hydration stations



Are you looking for a fun way to stay hydrated? To add some variety to your freezer this summer, Minute Maid has partnered with the Canadian Living Test Kitchen to whip up this frozen pop.

1. Place blackberries in large bowl and smash with wooden spoon. Add frozen lemonade concentrate, water and mixed berry blend. Pour into popsicle molds leaving half a centimetre of room at the top for expansion. Freeze until hard.

NEWS CANADA/MINUTE MAID

## Ingredients

- 3/4 cup fresh blackberries
- 1 can frozen Minute Maid pink lemonade concentrate
- 1 1/4 cups water
- 1 200 ml tetra box Minute Maid mixed berry 100% juice
- 16 pops with 1/4 cup capacity molds

# The perfect guest room, coffee and all

**I recently moved into a small townhouse and would like to decorate my spare bedroom differently than the rest of my space. Any advice? - MJ, Ottawa**



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

Choose a decor theme that you might like to get away to, but keep it neutral to appeal to all guests. This will keep you passionate about the decorating project but thinking of your guests first and foremost.

At my house, I decorated a guest room influenced by the seaside looks of Nova Scotia. Without being too country, I created a bright and neutral decor scheme using warm white, foggy blue and warm light wood tones.

The furnishings were clean-lined and not too fussy to appeal to my urban jet-setting guests.

## Comfort

Buy a good mattress (or add a feather bed mattress topper to an existing mattress) for a luxurious night's sleep. Consider a double-sized bed if space is of concern; it offers lots of room for one yet sleeps two in a pinch. Purchase neutral coloured sheets and towels; buying quality means longer-lasting and easy care. Add carpets and draperies if you want to create a quieter atmosphere for your guests.

## Create an oasis

A convenience espresso maker for a quick sip while getting ready for the day, a docking/charging station to listen to some music, a basket filled with spa/bath products will all allow guests to relax in their room when they wake up. Books, current magazines and a portable DVD player will allow quiet time before turning out the lights in the guest room.



Buy a good mattress so your guest can have a luxurious night's sleep. A double bed will do if space is a concern. ISTOCK IMAGES



**Natural wood-tone docking station soothes the room with looks and sound. IPHONE 5-ALARM CLOCK DOCKING STATION, \$40, URBANOUTFITTERS.COM**

**Tight and tidy espresso makers offer a morning sip before leaving the room. NESPRESSO U C50, \$199, NESPRESSO.COM**



**Neutral-coloured cotton towels. WHOLE HOME HOTEL COLLECTION, FROM \$12, SEARS.CA**

**An area rug helps to muffle sound and create a quiet environment.**

TARNBY NATURAL RUG, \$149 FOR 6'X8', IKEA.COM



**Cool, light colours tend to make a small space appear larger and brighter.**

YVONNE DUIVENVOORDEN PHOTOGRAPHY

## Housekeeping myths

### Dusting an oil painting



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmapherson.com

If you are lucky enough to have an oil painting in your

home the question that will come up at some point is, "How do I clean it?" Well, let's discuss this for one minute, as there are two stages to cleaning this type of painting.

#### The frame

This should always be dusted with a fine soft powder makeup brush as needed. You want this type of makeup brush as

it will not damage the wood frame and will not remove any of the gold that may be on the wood frame. Dust the frame from the centre (area closest to the painting) outwards. If your frame is particularly dusty, use a vacuum on low speed to absorb the dust going into the air after the motion of the makeup brush. Never use the vacuum tool directly on a

wood frame as the brush will not be soft enough and may damage the frame or scratch the finish.

#### The art surface

Don't clean the surface. The rule of thumb that I teach every student in butler school is always the same — don't ever touch the canvas of any art! This should be the rule

of thumb that you always practise at home. Some books say it is OK to use white sandwich bread or bread dough to "sponge" against the canvas to absorb the dust, without rubbing. This in my estimation is a huge mistake. Always use the advice of an art expert/curator to advise how best to proceed. Imagine if you had some oil painting

handed down for several generations and you were unknowingly to ruin the painting using such a technique and then find out this was a priceless Picasso that had been lost and was now worth nothing because you damaged the surface.



# GIVE YOUR HOME A LANDSCAPING LIFT

Updating your yard can be an economical and rewarding part of giving your entire home a lift. The trouble is there are so many new landscaping techniques from which to choose.

One of the best ways to start planning your new design is by observing some of landscaping trends in home and yard improvement. Here is a rundown of some popular landscaping trends.

## RETURN TO BOXY BORDERS

Landscaping pros are using traditional plant borders in modern geometric shapes to give the yard visual appeal. As opposed to last year's rounder corners trend, boxy borders made from low-maintenance shrubs are coming back. Stacked containers and walls use straight lines and symmetry that complement the structure of the home.

## LOTS OF EYE-POPPING COLOURS

This year, expect to see a growing number

of landscaping projects that are wild with every colour of the rainbow. Blending the exotics with low-key annuals is popular, with a variety of colourful grasses and trees that bring punchy colour to the scene. Even containers get a lift in bright colours like reds, yellows, and metallic shades.

## ECO-WALLS AND VERTICAL GARDENING

A popular landscaping trend, especially in small communities, is vertical gardens that become living walls of green plants. These walls can become outdoor privacy areas, or they can be added to existing landscaping as an outdoor sculpture to give a property unique appeal.

## SUSTAINABLE LANDSCAPE PLANTS

Instead of choosing the standard landscape plants to adorn properties, a trend in contemporary landscaping is to embrace sustainable lifestyles with a mix of fruit and vegetable plants added. This gives the



CHRIS CLINTON/LIFESIZE/THINKSTOCK

landscape a unique look while helping to provide a source of nutrition for the property owners at the same time.

## OUTDOOR ENTERTAINMENT TECHNOLOGY

Thanks to the surge in consumer technology, the trend in landscaping is integrated outdoor entertainment. From built-in surround speakers to sound-activated light-

ing in fountains, the landscaping world is multi-dimensional to the senses.

## LIVING MORE FOR THE OUTDOORS

Outdoor furnishings are becoming a bigger part of landscaping design. Outdoor games like lawn bowling, bocce ball, and badminton are coming back, inspiring decadently designed play areas. — ComFree.com



Family firsts  
at Allard!

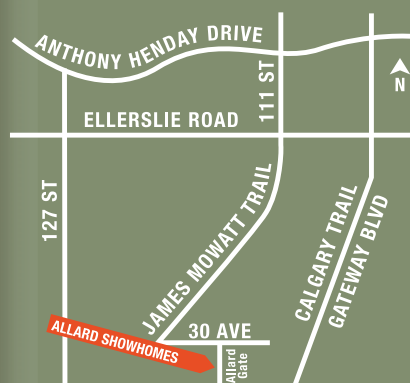


The Affordable Dream

## 12 SHOWHOMES TO VIEW

- Adjacent to Blackmud Creek Ravine
- 27 Acre Neighbourhood Town Center
- Parks and ponds, connected walking trails
- Minutes from the Henday

Priced from the **\$320's**



VIEW ALL OUR GREAT HOMES  
AND BUILDERS AT

[www.allard.ca](http://www.allard.ca)



follow @MLCLand  
on Twitter  
for news and updates.



CONTRIBUTED PHOTOS

# YOUR SMART LIVING CHOICE

Chappelle Gardens, an enclave in southwest Edmonton's up-and-coming Heritage Valley, is home to some of the smartest homes around: The Mosaic Vista townhome collection.

With names like Mozart, Einstein and da Vinci, these homes were designed to work intelligently for their residents, according to Lindsey McMaster, marketing co-ordinator of Brookfield Homes.

"Every home has a clever, well thought out design with lots of storage space and attached garage," McMaster says. "We don't waste any square footage."

The one- and two-level homes range from the \$200,000s to \$300,000s, for one and two bedrooms. They range from 720 square feet to more than 1,644 square feet.

Each home has five available colour packages, which include cabinetry, hardwood or laminate flooring and tile, with upgrades of carpet, quartz or granite, and a sleek tile back-splash.

The smart planning isn't limited to the home's interiors, McMaster says. With extensive public walkways, the community is a pleasure to explore on foot. Green spaces are landscaped in French-garden style, and the neighbourhood's central green space includes a pergola and park benches for residents on which to relax.

The nearby scenic pond provides a natural oasis for wildlife, and is the perfect local destination for birdwatching, to exercise, have a picnic or just take in the surroundings.

"Mosaic Vista neighbourhood is all about living an active, healthy lifestyle amidst natural surroundings," McMaster says.

Brookfield has just released a new home plan that makes full use of the beautiful pond views.

"The walk-out floor plan of our Columbus home allows residents their own private view out onto the pond," McMaster says.

Within the community of Chapelle Gardens and short walking distance beyond Mosaic Vista, residents can take advantage of stunning ravine views and convenient access to an array of retail, recreational and community amenities.

Three of Edmonton's premium golf courses are also situated close by.

"Mosaic Vista has something for everyone," McMaster says.

The Mosaic Vista show homes will be opening July 20. For more, visit [buildwithbrookfield.com](http://buildwithbrookfield.com).

Brookfield Homes is proud to introduce  
**SINGLE FAMILY HOMES**  
in The Orchards. *With only 8 homes remaining, visit our presentation centre in Lake Summerside to find out more information.*

**If you have always wanted quartz, stainless steel appliances or other luxurious upgrades, purchase your home before August 30 and receive \$7,500 in upgrades of your choice!**

Offer is only valid until August 30. Cannot be combined with any other offers. Some restrictions apply. Please speak with a Brookfield sales representative for more information.



[BuildwithBrookfield.com](http://BuildwithBrookfield.com)

**Brookfield Homes**  
The Best Places to Call Home



From top, Felicia pillow in orange showcases an optimistic design by Josi Severson, Jalukie pillow pattern was manually woven using a back-strap loom inspired by tribal Naga motifs found on the shawls of the women of Nagaland, Pelham pillow in green was made on a power loom with reactive dyes for a washed linen effect.



Rochelle sofa in plush velvet mustard has a classic mid-century design, left, Cody side chairs are perfect chairs for any room, below.

## EVERYDAY LIVING

There are three trends for fall that are predicted to be popular by Crate and Barrel. The trends are themed Natural Living, Everyday Luxury and Everyday Celebrations.

Natural Living products are those made with natural materials such as linen, wood, warm metals and glass for decorative and functional objects. Everyday Luxury features affordable

but elegant furniture and accessory pieces in warm colours and rich fabrics such as velvet. Curated collections of interesting objects and art pieces are also part of this trend.

Everyday Celebrations showcase beautiful and unique dinnerware and bar ware for casual gatherings in a mix of materials. Serving ware is focused on communal dining. Special pieces for making coffee and tea include some from the popular Japanese company, Hario.

To dress up any furniture, choose patterned, highly-textured pillows in a variety of colour groups that reflect a wide range of design influences.



# WE TURN IDEAS INTO PROFIT

## WHO ARE WE?

Red Door Venture Group is a multi-faceted firm dedicated to real estate developers that are looking to make their mark in the booming province of Saskatchewan.

Our commitment is to produce turn-key developments for clients from land acquisition to concept and design to sales. We have an easy all-service system available to our clients.

Whether you are a long-term Saskatchewan developer or a new developer interested in Saskatchewan, we are the ones to turn to.

**"The Best Boutique Marketing Group For Developers Within Saskatchewan"**



**RED DOOR VENTURE GROUP**  
**306.525.6527** Suite #110E - 2201 11th Ave  
www.RedDoorVentureGroup.ca Regina, Saskatchewan  
S4P 0J8

## INVEST IN SASKATCHEWAN WITH THE RED DOOR VENTURE GROUP

The land of the living skies has a bright future ahead, and real estate developers are taking note.

Saskatchewan's economic growth has incredible potential, according to Jaimey Midtdal, spokesperson for the Red Door Venture Group.

The Regina-based real estate marketing company has built its name on the province's solid economic foundations, and sees nothing but blue skies ahead, Midtdal says.

The company pairs with outstanding local developers to deliver high-quality developments across the province.

The vast amount of undeveloped land in Saskatchewan has left the real estate market wide open for new real estate opportunities for developers and for buyers, Midtdal says.

"The boom in immigration and increased job opportunities are making Saskatchewan one of the best places in Canada to buy a home," Midtdal says. "It's growth we're proud to be a part of."

Red Door works with developers from the



MONKEY BUSINESS/THINKSTOCK

land acquisition stage all the way through concept design and sales, producing turn-key developments for clients.

"We have an easy, all-service system available to the developers we partner with, tailoring each interaction to meet their needs," Midtdal says.

For more about Red Door Venture Group, or to schedule a complimentary consultation, visit [RedDoorVentureGroup.ca](http://RedDoorVentureGroup.ca).

# MAKE IT SUMMER ALL YEAR ROUND

## SIMPLE WAYS TO ADD A FRESH LOOK TO YOUR PATIO

No matter the type of event you are hosting, you can transfer your design skills and personality from inside your home to your outdoor space. Good taste doesn't need to stay within four walls.

Preparing to host a gathering in what may be uncharted territory may seem like a big undertaking, however, there are many simple ways to bring a fresh and trendy look to your patio.

### PORCELAIN

A favourite outdoor design trend of the season is porcelain. Whether as a serving platter, candleholder or decorative light fixture, this refined material will make a sophisticated statement and add a touch of elegance to any outdoor space. Who says outdoor entertaining has to be done with plastic? Fine china is a great way



CONTRIBUTED

to bring the glamour of fine dining to the outdoors.

### BLUE AND WHITE

Blue and white is a fresh colour combina-

tion and chic way to adorn your patio. Variations of this colour combination can easily complement your indoor design motif while also evoking a sense of serenity to put your guests at ease.

### BRONZE

Touches of bronze throughout your outdoor decor is a great way to make a stylish statement. This old Hollywood look is a perfect choice for handles or accents on serving dishes, outdoor furniture or table decorations. The classic elegance of the brushed brass makes it the hottest hardware of the season while also keeping a soft look with your outdoor area.

### INSPIRATION FROM ANYWHERE

Design ideas for both indoor and outdoor spaces can come from anywhere, so it's important to keep an eye out for trends to which you are attracted. Finding items online can give your space a unique and personal twist, and you can literally shop the world, right from your patio.

Ultimately, your home, both inside and out, reflects who you are, so be sure to fill it with pieces that show your taste and personality. With so many stylish ways to host outdoors, and with benefits like less clean-up, fresh air and sunshine, you will wish it was summer all year round.

— eBay.ca/MyMix

## Make the Right move, the Right location.



*Move your tails,  
they have  
two ponds!*

## 12 Showhomes Now Open!

**WINDERMERE**  
SOUTH

[www.windermere-south.ca](http://www.windermere-south.ca)

- Two Landscaped Ponds
- Extensive Walking Trails
- Close to Shopping – The Currents
- Close to major transportation  
– Anthony Henday & Airport



follow @MLCLand  
on Twitter  
for news and updates.

\* See a sales rep for more details.



### Townhomes

Marcson Homes 780.435.7067

### Duplex Homes

Dolce Vita 780.487.7405  
Thomsen Built 780.975.1741  
Bedrock Homes 780.756.2635



### Rear Lane Homes

Thomsen Built 780.975.1741  
Bedrock Homes 780.756.2635

### Front Attached Garage Homes

Kimberley Homes 780.761.1141  
Daytona Homes  
Master Builder 780.761.1556





CONTRIBUTED PHOTOS

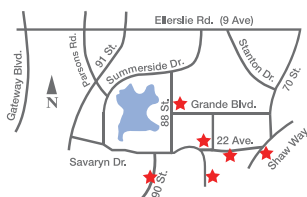
## Welcome to Lake Summerside South Edmonton



Turn in! The beach is great  
at Lake Summerside.

You'll be greeted by a diverse selection  
of home styles for growing families  
and first time buyers alike.

It's all here. A community beach club next  
to a 32 acre lake for swimming and sailing on those  
hot summer days. Lake Summerside offers the convenience  
of great shopping and amenities nearby including a new  
K-9 public school. All signs point to a smart decision.



★ = Show Home Locations

### Show Homes by:

Mosaic Townhomes

Brookfield Duplexes

Innovations by Jayman

Daytona Homes Master Builder

Landmark Homes

\*Estate Builders

Homes by Avi

Pacesetter Homes

\*Landmark Classic Homes

\*Canyon Spring Master Builder

\*Aacropolis Homes

Show Home Hours Mon. - Thurs.: 2 - 8pm Weekends & Holidays: 12 - 5pm



Summerside-Community.com

**Brookfield**  
Residential

The Best Places  
to Call Home

Just Released  
5 Lake Lots  
\*Contact the Estate Builders  
for information.

## LAKE SUMMERSIDE IS THE PLACE TO BE

There is a real lake in Edmonton. Haven't heard about it? That's quite possibly because Lake Summerside residents are doing their best to keep it to themselves.

Residents of this 12-year-old Edmonton community get a lakeside summer experience like no other in the city.

"This is the only community in the city with a real lake," says Marilyn Combe, project manager at Brookfield Residential.

The 32-acre body of water provides residents with lots of recreational opportunities including, but not limited to, swimming, fishing and boating with non-motorized watercraft like canoes, paddleboats and kayaks.

"The lake makes this community the place to be, particularly in summer," Combe says. "It's even stocked with more than 10,000 rainbow trout."

Of course, the Lake Summerside neighbourhood is beautiful all year round, not just in the hazy days of July and August, Combe says. "The natural beauty gives residents a sense of tranquility."

The master-planned, 750-acre neighbourhood of Lake Summerside is scheduled to be completed in the next few years, and is already home to more than 2,500 homes. Tree-lined walking and cycling pathways are woven around the community.

Central amenities including tennis courts, a sandy beach and a playground are all located at the Beach Club and available to residents and their guests.

And Lake Summerside is still growing.

The newest addition is five lakefront lots, each with its own private dock so residents can take full advantage of the lake from their new luxury residence.

In addition to these very exclusive lots, in 2013, Brookfield is servicing lots in every market segment, including front-drive duplex, laned homes and front-attached move-up homes, so there is no shortage of choices for everyone, starting in the \$280,000s.

"Lake Summerside is a diverse community," Combe says. "We have homes available for many types of buyers, from single people and young couples looking to buy their first home, to large families, to older couples looking to downsize and find a place to relax next to nature."

Michael Strembitsky public K-9 school opened in 2012 in the community. "Many of the children living at Lake Summerside can walk or ride their bikes to school and not have to ride the bus or get a ride every day," Combe says.

For more, visit [lakesummerside-community.com](http://lakesummerside-community.com).



Take a whirl on the midway rides during K-Days, which runs from July 19-28. CONTRIBUTED

# A fair by any other name

**Klondike theme.** Annual fair may be called K-Days now, but all the favourites still remain

LUCY  
HAINES  
For Metro

Capital Ex is now K-Days, but the name isn't the only change coming to Edmonton's summer fair. With a nod to the many years that the exhibition was called Klondike Days, Northlands has renamed Bonanza Park as Klondike Park.

"We know that history and tradition are important to fair-goers," said Northlands CEO Richard Andersen. "This is Edmonton's fair, and we've

heard loud and clear that our community is nostalgic towards the Klondike theme of past festivals."

Visitors can take a ride on the Klondike Express for an old-time locomotive tour and history of the gold rush, or try their hand at gold panning at the Chilkoot Gold Mine. Ultimate nostalgia buffs will want to mark July 28 on the calendar for the official Klondike Day at K-Days. There will be discounted pricing, plenty of bonnets and bow ties, and you will likely see past mascot Klondike Kate, too.

While a 19th-century blast from the past may suit some, Northlands has likewise planned a very 21st-century exhibition with midway, music, indoor attractions, boardwalk beach, beer gardens, and more. The Koodonation Stage has all-day entertainment with hypnotists, mentalists and tribute acts, and at night, the stage features headliners like Burton Cummings, Carly Rae Jepsen, Colin James, Platinum Blonde, and The Tea Party.

But the outdoor stage isn't the only place to find fun at the summer fair. The Expo Centre offers a hockey and Olympic-tribute Sports Hall and a revamped Kids Town,

while outside, boardwalk beach volleyball and new midway rides entertain.

The new Mach 3 ride should satisfy adrenalin junkies with its 37-metre arm swinging riders 360 degrees up to 13 revolutions per minute. The spectacular ride will light up the fairground with a brilliant LED light package, too.

Kids rides are plentiful outside, but entertainment for the tots is all indoors, courtesy of Thomas the Train, Bob the Builder, Barney, My Little Pony and a reptile show. There will also be meet and greets with SpongeBob SquarePants, Dora and Diego, and Angelina Ballerina, among others.

## Variety of fair fare will tickle your taste buds

Love of food

When you are talking food on the midway, it's likely deep fried fare on a stick that comes to mind. But you would be wrong to think it's only about corn dogs and cotton candy — this year's edition of K-Days promises vegetarian, gluten-free and gourmet Canadian cuisine, too — more than 20 new treats, in fact, ready for sampling at Edmonton's annual exhibition.

"One thing that has remained the same throughout the history of K-Days is our community's love of food," said Northlands CEO Richard Andersen. "If you're looking for pizza on a stick, candy apples or even A Taste of Canada, you can only find it at K-Days."

Traditionalists will still find what they are after — it's not a fair, after all, without elephant ears or slow-cooked barbecue ribs. But how about favourites that are dipped in chocolate or sprinkled with bacon? How does deep fried caramel apple pie, pulled pork poutine or an Idaho taco sound? There's also jalapeno fudge, Japanese hotdogs and corn dogs of all sorts — double bacon, sweet or jalapeno cheese.

Diners can find world flavours inside the Expo Centre at The Grand — think Vietnamese, Ukrainian, East Indian and more — while A Taste of Canada beckons with gourmet choices from various regions of the country. The lobster rolls, clam chowder, bison sliders, salmon wraps, and

"One thing that has remained the same throughout the history of K-Days is our community's love of food. If you're looking for pizza on a stick, candy apples or even A Taste of Canada, you can only find it at K-Days."

Richard Andersen, Northlands CEO

crab and corn fritters offer a nice contrast to the typical midway fare, a goal for K-Days organizers.

"Each year we challenge ourselves to provide Edmontonians with the best fair food experience this city has to offer," Andersen said.

Ever have pizza on a stick? It's what it sounds like — savoury filled dough baked and topped with all varieties of yummy cheeses and spices.

Chimney cake anyone? This Hungarian treat is a sweet dough topped with cinnamon, walnuts, coconut and chocolate, which is rolled around a stainless steel roll and baked in a charcoal oven.

With so many innovative food choices on the midway it's no wonder there's also a new food contest where vendors show off their culinary breakthroughs.

And for budget-conscious families, K-Days offers a package with four gate admissions, four hotdogs and four colas for \$50.

LUCY HAINES

**K**  
**DAYS**  
JULY 19-28, 2013

IT STARTS  
TOMORROW!

Beat the lines and get your advance tickets at k-days.com before it's too late!

NOW PLAYING  
K-DAYS.COM

 NORTHLANDS  
EVENT



Rory McIlroy hits a tee shot during a practice round for the British Open on Wednesday in Gullane, Scotland. STUART FRANKLIN/GETTY IMAGES

# McIlroy to Faldo: Keep the change

**British Open.** Young star shrugs off golf legend's two cents that he needs to work more to overcome struggles

Rory McIlroy hasn't gotten too worked up about his struggles this year.

He certainly doesn't need any advice from Nick Faldo.

McIlroy shrugged off a suggestion from the six-time major champion to spend more time concentrating on golf, saying Wednesday that Faldo "should know how hard this game is at times."

## Quoted

**"You're going to go through highs and you're going to go through lows. It's just about trying to work your way out of the lows."** *Rory McIlroy, on his recent struggles.*

McIlroy won his second major title last summer with a runaway win at the PGA Championship, but the 24-year-old from Northern Ireland has been off his game this season after changing equipment. Heading into the British Open, some have also speculated that off-the-course activities have cut into his preparation time and mental sharpness.

Earlier this week, Faldo seemed to join that group

when he urged McIlroy to spend the next two decades focused solely on his golf, calling it his "window of opportunity," before savouring all the benefits of being a multiple major champion.

"What's the big deal?" McIlroy said. "I haven't had the best six months, but it's OK. I'm fine. I've got a good life. So, you know, it doesn't bother me. I'm in a good place. And as I said, I'm working hard. I feel

like I'm working on the right things. And sooner or later it will turn around and I'll be back lifting trophies."

Faldo said he believes McIlroy's struggles are mainly mental.

"The most ideal thing is to go to the club, 9 in the morning, hit balls all day long, and you leave at 5," Sir Nick said.

McIlroy said he intends to play 108 practice holes at Muirfield leading up to the Open, and he took a jab at Faldo's proposed schedule.

"I actually was on the range at 6:15 (a.m.), and got out of the gym at 6:15 (p.m.) — actually a 12-hour day compared to his eight-hour day," McIlroy said.

THE ASSOCIATED PRESS

## World University Games

### Edmonton's Guthrie helps Canada win bronze

Canada won bronze in women's rugby sevens Wednesday on the final day of the 27th World University Games.

Edmonton's Chelsea Guthrie scored her seventh try of the tournament in the first half as Canada cruised to a 36-0 win over Great Britain in the bronze-medal game as women's sevens rugby made its Universiade debut in Kazan, Russia.

Natasha Watcham-Roy of Gatineau, Que., scored a try just 1:47 in and Jean Baker of Argyle Shore, P.E.I., also scored early as Canada took a 19-0 at halftime.

"We got the start we wanted, we wanted to get up early and put them under a bit of pressure. It's always tough to come back in these medal games," said head coach Matt Parrish.

The University of Alberta coach said Guthrie's try was the turning point.

THE CANADIAN PRESS

## Cry for respect



**"It's not fair to blame someone without evidence against**

**him. We demand more respect for Chris and for all the riders."**

Gianni Bugno, president of the Association of Professional Riders, on Chris Froome, pictured, who is facing questions over whether or not he is riding clean in the Tour de France. Froome extended his overall lead to four minutes 34 seconds by winning the 17th stage on Wednesday. The last rider to carry as many stage wins as Froome to Paris was Lance Armstrong.

ESCAPE THE DAY  
AND TAKE  
EVERYTHING  
WITH YOU



**THE NEW RX SERIES WELL EQUIPPED FROM \$47,329\***  
INCLUDES FREIGHT/PDI AND BLOCK HEATER • UP TO \$2,000\* DELIVERY CREDIT

**RX**  
2013 RX 350

Down Payment  
**\$5,000\***

Monthly Lease Payment  
**\$476\***

LEASE FOR 48 MO.

**1.9%\***

FINANCE FOR 48 MO.

**0.9%\***

SECURITY DEPOSIT WAIVED • PAYMENT INCLUDES \$2,000\* DELIVERY CREDIT

\* Prices and payments are subject to change without notice. Contact the Lexus of Edmonton dealership for complete details.

**LEXUS**  
THE PURSUIT OF PERFECTION.

**LEXUS**  
EDMONTON  
Edmonton's Leading Lexus Dealership

www.lexusofedmonton.ca ■ Conveniently located on 170 St ■ 780-466-8300

# NHL rule change doesn't stop concussions: Study

## Brain injuries.

Toronto neurosurgeon says clearer language needed for Rule 48 to stem tide, and toll, of head hits

The NHL's three-year-old rule on illegal hits to the head isn't working and tougher sanctions are needed to reduce concussions, concludes new research led by Toronto's St. Michael's Hospital.

The study, published online Wednesday in the journal PLOS ONE, found that the number of head injuries has actually increased since the rule that made targeting an opponent's blindside illegal came into effect in the 2010-11 season.

"It is very clear that we haven't come very far. The problem is still a huge prob-



Canadiens forward Lars Eller lies on the ice after a check from Senators blueliner Eric Gryba during Game 1 of their first-round playoff series in Montreal. Gryba was suspended two games for the hit. GRAHAM HUGHES/THE CANADIAN PRESS

lem and it hasn't had the effect that people were hoping it would," said lead author and neurosurgeon Dr. Michael Cusimano.

During the 2009-10 hock-

ey season — a year before the controversial Rule 48 came into effect — there were 77 concussions, suspected concussions and facial fractures, the study found. But the fol-

## Woes beyond the pros

"There is a spillover effect on hundreds of thousands, if not millions, of kids."

Dr. Michael Cusimano, who says tougher NHL rules will result in stiffer minor hockey sanctions.

lowing season, that number jumped to 120, and the season after, it increased even more — to 126.

Researchers looked at data from official game records and team injury reports.

They also found that more than 64 per cent of concussions were caused by bodychecking, while only 28.4 per cent of events that led to concussions were called "illegal," resulting in the aggressor being given a penalty, fine or suspension.

TORSTAR NEWS SERVICE

## Doping

### Canadian trainer denies supplying sprinters PEDs

The Canadian trainer for Asafa Powell and Sherone Simpson insists he didn't give the sprinters performance-enhancing drugs and says it's time for them to take "responsibility for their doping instead of looking around for a scapegoat."

In a statement Tuesday, Toronto's Chris Xuereb is quoted as saying he has done nothing wrong since the Jamaicans hired him in May to provide massage therapy and nutritional help.

Powell, the former 100-metre record holder, and Simpson, a three-time Olympic medallist, tested positive for the stimulant oxilofrine last month.

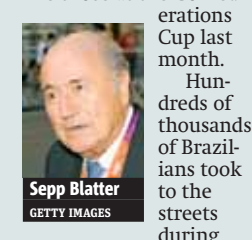
Their agent, Paul Doyle, contends something in the new supplements the sprinters were taking caused it and "Chris is the one that provided those."

THE ASSOCIATED PRESS

## 2014 World Cup

### FIFA president second-guesses choice of host site

FIFA president Sepp Blatter said Brazil might have been the wrong choice as host of the 2014 World Cup if the tournament is affected by social protests like those at the Confed-



erations Cup last month. Hundreds of thousands of Brazilians took to the streets during the warm-up tournament in June, demanding better public services and expressing their anger over the costs to stage the World Cup.

"If this happens again we have to question whether we made the wrong decision awarding the hosting rights," Blatter told German press agency DPA on Wednesday. THE ASSOCIATED PRESS

## Summer Sales Event. Now On.

Exceptional finance and lease rates on a wide range of vehicles. Now through July 31st.

THE ALL-NEW 2013 B 250.  
TOTAL PRICE\*: \$32,540\*\*

FINANCE APR	LEASE APR	LEASE PAYMENT
0.9%	2.9%*	\$298*
60 MONTHS	48 MONTHS	\$5,190** DOWN

\*Taxes extra.

THE 2013 C 300 4MATIC™ NO CHARGE PREMIUM  
& SPORT PACKAGES. TOTAL PRICE\*: \$46,180\*\*

FINANCE APR	LEASE APR	LEASE PAYMENT
0.9%	1.9%*	\$328*
60 MONTHS	48 MONTHS	\$8,040** DOWN

\*Taxes extra.

THE ALL-NEW 2013 GLK 250 BlueTEC 4MATIC™.  
TOTAL PRICE\*: \$46,140\*\*

FINANCE APR	LEASE APR	LEASE PAYMENT
0.9%	2.9%*	\$448*
60 MONTHS	36 MONTHS	\$8,340** DOWN

\*Taxes extra.



Mercedes-Benz

Contact us today  
to get into luxury:

5611 - 104 Street

1-877-223-7412

info@webermercedes.com

webermercedes.com



WEBER MERCEDES-BENZ

© 2013 Mercedes-Benz Canada Inc. 2013 B 250/2013 C 300 Sedan with Premium & Sport packages/2013 GLK 250 BlueTEC 4MATIC™ shown above, National MSRP \$29,900/\$43,540 (base \$39,990, plus optional Premium Package valued at \$2,350 and optional Sport Package valued at \$1,200)/\$43,500. \*\*Total price of \$32,540/\$46,180/\$46,140 and down payment include freight/PDI of \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires, filters, batteries of \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. \*Lease offers based on the 2013 B 250/2013 C 300 4MATIC™ No Charge Premium (\$2,350) and Sport (\$1,200) Packages/2013 GLK 250 BlueTEC 4MATIC™ available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$328/\$448 per month for 48/48/36 months. Down payment of \$5,190/\$8,040/\$8,340 plus security deposit of \$300/\$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$29,900/\$43,540/\$43,500. Total discount of \$4,000 on the C 300 4MATIC™ Sedan, thereof \$1,200 applied to Sport Package, \$2,350 applied to Premium Package, with balance of \$450 applied to down payment. Lease APR of 2.9%/1.9%/2.9% applies. Total obligation is \$19,745/\$24,156/\$24,942. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$29,900/\$43,540/\$43,500. Monthly payment is \$459/\$606/\$667 (excluding taxes) with \$5,630/\$6,639/\$7,020 down payment. Cost of borrowing is \$620/\$819/\$901 for a total obligation of \$33,132/\$42,971/\$47,014. Vehicle licence, insurance, and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends July 31, 2013.

## Horoscopes

### Aries

March 21 - April 20

There are so many positive influences in your favor at the moment that you really don't have to try too hard. Today's Jupiter-Neptune influence will make you feel more laid-back

### Taurus

April 21 - May 21

It appears that you are keeping something from those you live and work with. No doubt you have a good reason for doing so but don't forget it is natural they should be suspicious.

### Gemini

May 22 - June 21

When communicating with other people make sure it's not just one-way traffic. In other words, listen as well as talk. What you learn today should be both enlightening and amusing.

### Cancer

June 22 - July 23

Take care of details today or risk having to waste time putting them right later on. But don't get so involved in minutiae that you lose sight of what it is you are trying to do.

### Leo

July 24 - Aug. 23

If you expect the best today it will most likely happen. How could it not when so many people are desperate to see you succeed?

### Virgo

Aug. 24 - Sept. 23

Some of the things that were important to you yesterday won't seem so important to you today and come tomorrow you probably won't care about them in the slightest.

### Libra

Sept. 24 - Oct. 23

You will be asked to take on extra responsibilities today and although you are under no obligation to say "yes" you will earn yourself a great deal of credit if you do.

### Scorpio

Oct. 24 - Nov. 22

You need to exercise self-discipline when dealing with financial matters.

### Sagittarius

Nov. 23 - Dec. 21

If you have been planning a clean out of things that no longer serve a useful purpose then today is a good day to start. It won't be as disruptive as you fear

### Capricorn

Dec. 22 - Jan. 20

Don't push yourself too hard, even if you are behind in your schedule. Timetables can be useful but they can also hinder your efforts and stifle creativity if they are too restrictive. The clock is your guide not your master.

### Aquarius

Jan. 21 - Feb. 19

Try not to take it as a personal insult if someone refuses to see things your way. It could be you who has got it wrong. Okay, maybe that's going too far but it's certainly true that different people see things in different ways.

### Pisces

Feb. 20 - March 20

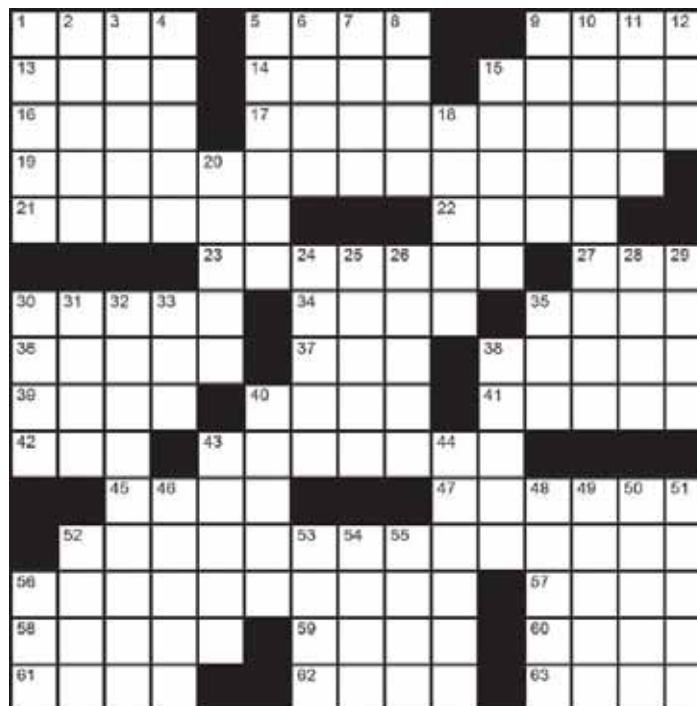
Don't sell yourself short. Claim the credit you deserve. Shout about your achievements. You are a very special person and you are doing some very special things.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. \_\_\_ of relief
5. Actress Ms. Dawber's
9. "Pardon me?"
13. Epithet for Athena
14. De-wrinkle shirts
15. Poultry places
16. Ville: English
17. Joni Mitchell song that starts "Sitting in a park in Paris, France..."
19. Alanis Morissette tune: 4 wds.
21. Title of reverence for God in Hebrew
22. Hopeful
23. London, ON born actress Rachel
27. Mil. rank
30. Vaulted church areas
34. Sits under the rays
35. Prefix to 'gram' (Hospital image)
36. Particular planet
37. Mr. Danson
38. Unrest unravelings
39. British bars
40. Up-in-the-sky toy
41. Sea eagles, variantly
42. Sugar amt.
43. Spray sort
45. "\_\_\_ -Di..." (Beatles song title bit)
47. "Birthplace of New Scotland" in Nova



### Scotia

52. McCain cake, \_\_\_
56. "The \_\_\_ Candidate" (1962) starring Frank Sinatra
57. Wind direction device
58. "I'm Every Woman" singer Ms. Khan

### Advocate

60. Empire of Peru
61. Rhyme Time: Hissy, Missy, \_\_\_
62. Clutter
63. Caustics

### Down

1. Mr. Baron Cohen
2. Trojan War epic
3. "I Can't \_\_\_"

- Satisfaction" by The Rolling Stones
4. Austrian composer Joseph (b.1732 - d.1809)
5. Food-in-a-basket fun
6. Ancient Syria's biblical name
7. "Holy \_\_\_!"
8. Crop

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

20. Retort to "You are not!!": 3 wds.
24. Busting
25. Because of: 2 wds.
26. Mountains in South America
28. Gambler's input
29. Brit singer Ms. Stone
30. Scheduled time, as with a Dr.
31. Positive
32. Documents from process servers
33. Cannes conjunctions
35. Lady's man
38. "The Beachcombers" character
40. Sandra's "Speed" (1994) co-star
43. 1st Greek letter
44. Supposes
46. One of Roseanne's TV daughters
48. Politely mannered
49. Go \_\_\_ length (Do whatever it takes): 2 wds.
50. Small quantity
51. \_\_\_ directed (Prescription warning): 2 wds.
52. Morse Code bits
53. Be a rock band musician
54. U2's land
55. Falls behind
56. 1101 in ancient Rome

## Wednesday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Wednesday's Sudoku



## Weather

### TODAY

MAX: 26°  
MIN: 15°

### FRIDAY

MAX: 23°  
MIN: 11°

### SATURDAY

MAX: 24°  
MIN: 11°



## MICHELE MCDOUGALL WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes" **WEEKDAYS 5:30 AM**



**grapevine**  
personals.com  
**FREE OFFER**  
FRIENDSHIP // DATING // LOVE  
**780.702.2223**  
Other cities: 1.877.CHAT.810  
Text "YEN" to 90669 \$2/0 min  
1.900.783.3333  
323/90 minutes

**Millionaire Seeks Lady**  
❖ Tired of meeting losers?  
❖ Want to experience life?  
I am a young, successful businessman seeking a charming girl for companionship. Someone who enjoys an active lifestyle, loves to travel and wants to experience life to the fullest.  
Please leave a detailed message  
**780-628-5844**  
Must Be: 18+, single, non-smoker, slim/athletic built  
Interests: dining/wine, movies/theatre, sports (golf, tennis, skiing), activities (hiking, biking, reading) & adventure travel

**BANKS SAY NO?  
WE SAY YES!**  
**A1 EQUITY MORTGAGE**  
• Fast & Easy Approval •  
**780-455-4420 • 1-855-455-4420 Toll Free**  
**www.aonequitymortgage.com**



ALL NEW 2014 **MDX**

**\$568\*** MONTHLY PAYMENT | **2.9%\*** 36-MONTH LEASE | **\$0\*** SECURITY DEPOSIT

**\$5,280** DOWN PAYMENT



ALL NEW 2014 **RLX**

**\$568\*** MONTHLY PAYMENT | **2.9%\*** 36-MONTH LEASE | **\$0\*** SECURITY DEPOSIT

**\$5,720** DOWN PAYMENT

# LAUNCH INTO SUMMER EVENT



2014 **RDX**

**\$368\*** MONTHLY PAYMENT | **2.9%\*** 36-MONTH LEASE | **\$0\*** SECURITY DEPOSIT

**\$7,400** DOWN PAYMENT

OR  
**\$2,500<sup>†</sup>** CASH PURCHASE INCENTIVE



*Southview* **ACURA**

99 ST. – 34TH AVENUE (AUTOROW)  
780-989-8888  
SOUTHVIEWACURA.COM

\*Lease offer is available through Acura Financial Services Inc. on approved credit. 2014 MDX 6-speed automatic (Model YD4H2EJN)/2014 RLX 6-speed automatic (Model KC1F3EJ)/2014 RDX 6-speed automatic (Model TB4H3EJN) leased at 2.9% APR for 36 months. Monthly payment is \$568/\$568/\$368 (includes \$1,945 freight & PDI), with \$5,280/\$5,720/\$7,400 down payment. First monthly payment, \$100 excise tax, \$20 new tire surcharge, \$6.25 AMVIC fee and \$0 security deposit due at lease inception. Total lease obligation is \$25,854.25/\$26,294.25/\$20,774.25. Option to purchase at lease end for \$29,494.10/\$28,994.20/\$25,125.90 plus taxes. 60,000 kilometre allowance; charge of \$0.15/km for excess kilometres. GST, license, insurance and registration are extra. †\$2,500 Acura cash purchase incentive is available on all new 2014 RDX models. Savings will be deducted from the negotiated price before taxes. Acura cash purchase incentive cannot be combined with special lease or finance offers. ††Effective APR taking into account cash incentives waived for lease customers. Retailer may lease/sell for less. Retailer order/trade may be necessary. Vehicle shown for illustration purposes only. Offer is only valid for Alberta residents at Alberta Acura retailers until July 31, 2013. See Southview Acura for full details.

FOR INFORMATION ONLY. RDX MODEL TB4H3EJN

**5.90%<sup>††</sup>**

AMVIC LICENSEE

EFFECTIVE LEASE APR FOR 36 MONTHS

# NO BULL SALE!



No charge Heated Leather Seats - **3 DAYS ONLY!**

**TOYOTA**  
**2013**  
**FACTORY**  
**EVENT**

**TOYOTA**  
**pinnacle award**  
for excellence in customer satisfaction  
**2012**

## 2013 COROLLA

HEATED  
LEATHER  
SEATS



#D074610;  
AUTOMATIC, A/C, POWER  
WINDOWS & LOCKS,  
ALLOY WHEELS

**\$0 DOWN**  
**\$135 B/W**

**0%** FINANCING UP TO 84 MONTHS\*\*  
**or**  
UP TO **\$8,000** IN REBATES\*\*

THURSDAY, FRIDAY, & SATURDAY OPEN 9 TO 9  
EXTRA STAFF ON HAND TO SERVE YOU

**ON SITE BANK REPRESENTATIVE ON SITE  
FOR QUICK APPROVAL**

**GET A FREE**

**MOUNTAIN  
BIKE**



**iPAD**



**TRIP FOR 2  
TO VEGAS**

**\$500 GAS  
CARD**

**GAS  
BBQ**



**or**



**or**



**or**



**or**



## 2013 CAMRY LE

HEATED  
LEATHER  
SEATS



#D234815;  
AUTOMATIC, A/C, POWER  
WINDOWS & LOCKS

**\$0 DOWN**  
**\$169 B/W**

## 2013 PRIUS V

HEATED  
LEATHER  
SEATS



#D228143;  
AUTOMATIC, AIR, TILT,  
POWER WINDOWS  
& LOCKS

**\$0 DOWN**  
**\$220 B/W**

## 2013 RAV 4 LE AWD

HEATED  
LEATHER  
SEATS



#D058950;  
AUTOMATIC, POWER  
WINDOWS & LOCKS

**\$0 DOWN**  
**\$224 B/W**

## 2013 TACOMA DOUBLE CAB 4X4

HEATED  
LEATHER  
SEATS



#D56745;  
AUTOMATIC, A/C, POWER  
WINDOWS & LOCKS

**\$0 DOWN**  
**\$259 B/W**



"THE NEW"  
**SUN IS TOYOTA ON WHYTE**  
IT'S TOYOTA... THE WHEATON WAY!

Shop 24/7 @ [www.toyotaonwhyte.ca](http://www.toyotaonwhyte.ca)

**780-701-2222**

**10130 - 82 Ave**



Vehicles may not be exactly as illustrated. Prices include PDI & blockheater. Prices plus GST. See dealer for details. \*\*0% financing for 84 months available on the Corolla, Matrix, and Yaris. 2013 Corolla based on 84 months finance with \$0 down. All rebates to dealer.